Certificate – Physical Fitness Training

PHILOSOPHY:

The Physical Fitness Training certificate program at Stone Child College provides students the opportunity to receive formal instruction in a variety of courses and academic disciplines which provides students with the background knowledge of how to build healthy exercise programs. The Physical Fitness Training certificate education program is intended to introduce students to the basic concepts of health and physical education, personal and community health, basic knowledge in exercise prescription, design and athletic injury preventions and treatment.

EXPECTED LEARNER OUTCOMES:

Students will:

1. Demonstrate communication skills.
2. Possess a range of decision-making abilities related to developing healthy living and exercise programs.
3. Possess an understanding and appreciation for the Chippewa and Cree language, history, and culture.
4. Understand concepts of health and wellness.
5. Complete course work to transfer into a two-year degree program.

COURSE REQUIREMENTS:

GENERAL EDUCATION	**16 CREDITS**
BIOS 101: General Biology with Lab (4 credits)	
ENGL 101: English Composition I (3 credits)	
NASL 100: Cree Language I (3 credits)	
PSYC 110: Introduction to Psychology (3 credits)	
SPE 101: Speech (3 credits)	
PROFESSIONAL CORE	**17-18 CREDITS**
BIOH 201: Anatomy and Physiology I (3 credits)	
BIOH 202: Anatomy and Physiology I Lab (1 credit)	
HPE 115: First Aid & CPR (2 credits)	
HPE 226: Basic Exercise Prescription (3 credits)	
HPE 240: Prevention & Treatment of Athletic Injuries (3 credits)	
HPE 250: Exercise Program Design & Instruction (3 credits)	
Electives* (2-3 credits)	
TOTAL CREDIT REQUIREMENTS	**33-34 CREDITS**

*Electives select from the following list of courses:

HPE 233: Foundation of Health & Physical Education (2 credits)
HPE 274: Personal and Community Health (3 credits)
HPE 285: Principles of Health and Wellness (3 credits)