

**UCLA** Extension

Humanities & Sciences

# Fitness Instruction Certificate



# Build Your Body of Knowledge

## Our Certificate:

- Gives you practical training experience to conduct resistance training sessions, fitness testing assessments, health risk appraisals & more
- Helps you become a sought-after & highly knowledgeable professional fitness coach
- Teaches you how to improve results and prevent injury with core knowledge of anatomy, physiology & exercise prescription
- Enhances your job opportunities in an industry forecasted to grow by 23% through 2023.\*

## Our Courses Benefit:

- Personal trainers & fitness coaches
- Dietitians, nurses, psychologists & other allied health professionals
- Specialized Fitness Professionals: Yoga & Pilates Instructors
- CrossFit Athletes and Triathletes
- Fitness enthusiasts & elite athletes
- Career changers

## The UCLA Extension Advantage

### Expert Instruction

Learn from instructors with years of work experience, advanced academic degrees, and professional credentials.

### Flexibility & Convenience

Enroll in onsite evening or instructor-led online courses to accommodate your busy schedule.

Option for Practical Training: Students can opt to enroll in a practical training course taught by fitness experts at the UCLA John Wooden Center.

### Certification Exam Preparation

Prepare to take credentialing exams from prestigious, national organizations, such as National Strength and Conditioning Association (NSCA), The American College of Sports Medicine (ACSM), and The American Council on Exercise (ACE).

\* U.S. Bureau of Labor Statistics, 2013





“I am a more knowledgeable, confident, and respected personal trainer thanks to UCLA Extension's Certificate in Fitness Instruction. The education I received prepared me for both the ACSM and NSCA certified personal trainer exams.”

— **Christina Todd**, ACSM-CPT, NSCA-CPT, Owner, Roving G

“The courses were very practical and allowed me to begin applying skills right away. The Program provided me with knowledge that's highly complementary to my work as a dietitian, and my clients are appreciative that I have expertise in both nutrition and fitness.”

— **Marge Morris**, MEd, RD, CDE, Manager, Diabetes and Medical Nutrition Therapy Center, Mercy Regional Medical Center; registered dietitian in private practice

Earn a Fitness Instruction Certificate Today — [uclaextension.edu/fitness](https://uclaextension.edu/fitness)

### Prepare to Pursue an Advanced Degree

Fulfill prerequisites for a master of science degree in Kinesiology from California State University, Northridge (CSUN). For more information, contact UCLA Extension at (310) 825-7093.

### Certificate Advising

For more information or questions regarding program requirements and curriculum, please contact us at [fitness@uclaextension.edu](mailto:fitness@uclaextension.edu).

### UCLA Fitness Centers

Eligible certificate students may receive access to UCLA fitness centers for \$50 per quarter.

### Option for Practical Training

Students can opt to enroll in a practical training course taught by fitness experts at the UCLA John Wooden Center.

### Career Spot

Certificate graduates have access to hundreds of jobs on the BruinView Job Board through UCLA CareerSpot for a nominal fee.

## Fitness Instruction Certificate

### Courses

Our certificate consists of 7 required courses and 2 electives. Students typically take 1-3 years to complete the certificate program.

### Enrolling is Easy

Our certificate has open enrollment with no prerequisites. Simply submit an application for candidacy and pay a nonrefundable \$100 application fee.

### Certificate Candidacy

You can take individual courses, but signing up for the certificate gives you first priority for enrollment and guarantees certificate completion under current requirements.

## Fitness Instruction Certificate

■ Indicates traditional classroom format vs. online.

ACADEMIC QUARTER\*

### Required Physiology Course (Choose 1 only)

	FALL	WINTER	SPRING	SUMMER
Human Anatomy and Physiology	■	Online	■	Online
The Human Body: How it Functions	Online		Online	

### Required Courses (Take all courses)

Introduction to Human Nutrition	■	Online	■	Online
Applied Anatomy and Biomechanics	Online	■	Online	Online
Exercise Physiology	Online	■	Online	
<b>The following courses should be taken in sequence:</b>				
Resistance Training Fundamentals (Hands-on training)	■			
Fitness Testing and Health/Risk Appraisal (Hands-on training)		■		
Exercise Prescription, Program Design, and Coaching Techniques (Hands-on training)			■	

### Electives (Choose 2) *Check our website for new elective offerings*

Exercise and Sports Nutrition	Online		Online	
Practical Training - Fitness Instructors** (2 elective credits )	■			
Advanced Athletic Training: Evaluation of Athletic Injuries		■		
Biomechanics: Analysis of Human Movement				Online
Prevention, Recognition, and Care of Athletic Injuries			■	
Impact of Exercise on the Brain		Online		
Food, Mood, and Eating Behaviors				Online
Biomechanics of Musculoskeletal Injury		Online		

\* This schedule is subject to change. Course availability varies, with less frequency during the year for elective courses.

\*\* This course spans 3 quarters.

## Program Costs

Candidacy Fee	\$100
Tuition	\$6,655
Estimated Program, Textbook, Materials	\$950
Total	\$7,705

*Note: The above estimates are subject to change and DO NOT include parking, meals, or other incidental educational expenses.*

This certificate program does not qualify for federal financial aid. A limited number of Extension grants are available to students admitted to these programs. For further information, call the UCLA Extension Financial Aid Office at **(310) 825-9601** or visit [uclaextension.edu/financialaid](http://uclaextension.edu/financialaid).

## For More Information

To learn more about the Fitness Instruction Certificate, go to our website [uclaextension.edu/fitness](http://uclaextension.edu/fitness) or contact the program office at **(310) 825-7093** or email [fitness@uclaextension.edu](mailto:fitness@uclaextension.edu).

## To Enroll

Please visit [uclaextension.edu](http://uclaextension.edu) or call **(310) 825-9971** to enroll today.