

# Exercise Leader

Certificate

**Program/CIP Code:** EXER.CERT/24.0101

**Credits Required:** 32

**Division:** Math, Science, and Business

**Contact:** [MSBT@kckcc.edu](mailto:MSBT@kckcc.edu)

The Exercise Leader Certificate is designed for students interested in becoming certified as an Exercise Leader. Upon completion of this certificate, students are eligible to take the ACSM Exercise Leader Certification Exam or ACE American Council on Exercise Certified Personal Trainer.

Students will be prepared to make physical fitness assessments, prescribe exercise programs, and instruct individuals and groups in physical fitness activities. This one-year program is particularly appropriate for those who want to expand or upgrade their skills. Students completing the certificate program have the option to continue their study toward the completion of the Associate in Science in Exercise Science degree. Students who successfully complete the Certificate Program will be prepared to sit for national certification examinations. A 2.00 cumulative G.P.A. is required to graduate from KCKCC.

If no requirements

- No requirements for admission to the program.
- Contact program for program-specific advising.

## Exercise Leader Requirements\*

Course		Credit Hours
BIOL 0143	Human Anatomy and Physiology	5
BIOL 0145	Nutrition	3
EXSC 0115	First Aid	2
EXSC 0157 <b>OR</b> EXSC 0158	Personal Trainer Review Exam <b>OR</b> Group Fitness Instructor Exam Review	2
EXSC 0186-10	Techniques in Strength Training	2
EXSC 0201	Introduction to Exercise Science	3
EXSC 0206	Lifetime Fitness	3
EXSC 0211	Care and Prevention of Athletic Injuries	3
EXSC 0212	Exercise Physiology	3
EXSC 0213	Exercise Testing and Prescription	3
EXSC 0251	Practicum in Wellness and Fitness	3
*See course syllabi for Exercise Leader course prerequisites.		

<b>Total Hours for an Exercise Leader Certificate</b>	<b>32</b>
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