

## Second Read Curriculum Review

### Programs 02/22/24

1st Read Meeting Date	Program Title	Program Description	Program Type (B, ADT, AA, AS, CA, JSC, NC)	Request Type	Units/Hours	Start Semester
1/25/2024	Fitness Trainer	<p>This certification for fitness training provides students with the preparation necessary to move into the professional area of the health and fitness industry. Students will explore the professional aspects of assessment, program design, facility maintenance, sports psychology, principles of conditioning program development, and CPR/First Aid. The program is designed to prepare students for entry-level employment in the health and fitness industry.</p> <p>To achieve this certificate of achievement: Upon completion of the following courses with at least a "C" or "P" grade in each course, the student will be awarded a certificate of achievement.</p>	Certificate of Achievement	New	18	Summer 2025