

# Health Promotion: Fitness

## Undergraduate Certificate

This certificate will benefit those interested in or seeking advancement in careers as personal fitness trainers, recreational therapists and workers, physical therapy assistants and aides, health fitness instructors, group fitness instructors and fitness managers. This program of study will provide a holistic approach to the world of health, wellness and fitness. Students will acquire the fundamental education necessary to stand apart from their peers seeking similar types of employment.

### Course Requirements (10 credits)

Prerequisites may be required. Visit the program page for details [wilmu.edu/health](http://wilmu.edu/health).

- HLT 322** Strength Training Essentials and Theory
- HLT 326** Nutrition for Healthy Living
- SCI 335** Human Anatomy and Physiology (with lab)  
or
- BIO 253** Anatomy and Physiology I (with lab)

### Electives (6 credits)

Choose two (2) of the following:

- BBM 102** Introduction to Business
- HLT 321** Personal Wellness
- HLT 324** Personal Training Essentials\*
- PSY 306** Behavior Modification
- PSY 451** Health Psychology

\* 10 -hour Professional Personal Trainer Observation

Get started today at [wilmu.edu/Certificates](http://wilmu.edu/Certificates).

Have questions? **We're here to help!**

R.N.-B.S.N. Program Chair | **Angela Steele-Tilton, M.S.N., R.N.**

 [angela.b.steele-tilton@wilmu.edu](mailto:angela.b.steele-tilton@wilmu.edu)

WilmU and Dual-Credit ADVANTAGE are registered trademarks of Wilmington University.  
All rights reserved. © Wilmington University 2023 | HPR-109 R3 9/23



## Dual-Credit ADVANTAGE™

**SAVE TIME & TUITION**

Earn a certificate AND get credit toward a degree at the same time. Through **Dual-Credit ADVANTAGE™**, you can go further, faster, by applying credits to multiple degree and certificate programs, without extra time or tuition cost.

- ✓ Build your resume with sought-after credentials.
- ✓ Learn from experienced industry professionals.
- ✓ Accelerate your education while saving time and tuition.

### What sets us apart:

-  Job Market Relevance
-  Affordable Tuition
-  Degree Program Alignment
-  Expert Faculty



**WILMINGTON**  
UNIVERSITY™

**HEALTH PROFESSIONS & NATURAL SCIENCES**