# **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.

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)
 		HA - X

#### **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

<sup>\* 10 -</sup>hour Professional Personal Trainer Observation

### Get started today at wilmu.edu/Certificates.

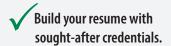
Have questions? We're here to help!

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

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