

Exercise Science Certificate

Program

The exercise science certificate at Rhodes State College provides students with the knowledge and skills needed to provide exercise prescription and promote proper fitness and nutrition information to the public. The demand for persons trained in the field of nutrition and fitness is growing and a positive job forecast is expected due to the interest in fitness, nutrition, and demand for sports related training. The exercise science curriculum prepares students to take the national certificate exam through the National Strength and Conditioning Association to be certified as a personal trainer. Personal trainers work with diverse populations including children, adults, athletes, cardiovascular and diabetic patients, and the elderly. The curriculum includes science courses, management and hands-on training experience. Courses include review of the muscular structure, endocrine system, metabolism, nutrition and psychological elements involved in proper fitness, strength training, and weight loss. A certified personal trainer will have the knowledge to assess fitness status, assist clients in setting goals, and develop appropriate exercise prescription for clients based on individual needs, goals, and health status.

Mission Statement

The Exercise Science program prepares professional, competent personal trainers.

Career Opportunities

A certified personal trainer will find career opportunities providing fitness and nutrition knowledge at fitness centers, YMCA centers, sports training facilities, youth centers, and health care centers. Personal trainers can also be self employed providing fitness and training in an individual format or work in collaboration with coaches for both high school and collegiate sports providing proper training and conditioning for athletes. Graduates could also manage or assist in the management of fitness centers. The exercise science certificate could also prepare students to further advance their education to a bachelor's degree in exercise science.

Gainful Employment

See www.RhodesState.edu/GainfulEmployment for additional information.

Curriculum

Course #	Course Title	Credit Hrs.
Fall Semester		
BHS-1320*	CPR and First Aid	1
BIO-1110	Anatomy & Physiology I	4
DTN-1000*	Basic Nutrition	2
EXS-1000	Intro to Exercise Science	4
		Total 11
Spring Semester		
BHS-1560*	Smoking Cessation Education	.5
BIO-1120	Anatomy & Physiology II	4
EXS-1010	Exercise Assessment and Prescription	4
MKT-1500*	Consumer Behavior	2
		Total 10.5
Summer Semester		
BHS-1500	Cardiac Dysrhythmia	.5
EXS-1020	Basics of Personal Training	3
EXS-1030	Athletic Facility Management	2
EXS-1040	Exercise Practicum I	2
		Total 7.5
*Online course		TOTAL PROGRAM CREDIT HOURS 29

Technical Standards

All applicants accepted into Rhodes State's Exercise Science certificate program must be able to meet the technical standards of the program of study for which they enroll. Students are asked to review the standards and to sign a form certifying that they have read, understand, and are able to meet the standards. Students are to be provided the technical standards information upon selection of their program of study. All applicants accepted into Rhodes State's Exercise certificate program must be able to meet the division's technical standards.

For More Information, Contact:

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