

**EXERCISE SPECIALIST
Clovis Community College
Certificate of Completion
Catalog 2023-2024**

NAME		DATE	
STUDENT ID#		ADVISOR	

Courses must be completed with a "C" or better

BIOL 1130C Introductory Anatomy & Physiology Lecture & Lab	4	
EXSC 1110 Youth Fitness	2	
EXSC 2110 Exercise Physiology	3	
EXSC 2120* Structural Kinesiology	3	
HLED 1120 American Red Cross First Aid & CPR/AED	2	
HLED 1130 Concepts of Health & Wellness	3	
HLED 1170 Fitness Concepts for Special Populations	2	
HLED 1220 Personal Health Management	2	
HLED 2110 Principles of Coaching	2	
HLED 2510 History and Philosophy of Physical Education	3	
PHED 1510 Training: Beginning Weight Training OR PHED 1510 Training: Circuit Training	1	
Aerobic Activity Course: Select from PHED 1140, PHED 1320, PHED 1430, PHED 1510, PHED 1620, PHED 1670 and PHED 1830	1	
Motor Skills Activity Course: Select from PHED 1210, PHED 1230, PHED 1280, PHED 2230, and PHED 2280	1	

TOTAL CREDITS REQUIRED

29 CR

All Courses requires a "C" or better

*Course requires a prerequisite.

(Fifteen semester hours towards degree or certificate must be completed at CCC with a 2.0 cumulative CCC grade point average.)