

In one year you can fulfill the course requirements and become a Fitness Specialist.

Our one-year program will prepare you for employment in the health and fitness industry and provide you with exercise science knowledge, skills, and experience while obtaining a state-approved certificate.

Program Benefits

- Personal trainers
- Commercial fitness settings
- Corporate fitness programs
- Strength coaches
- Physical therapy-setting aids
- Aquatic instructors
- An affordable, fast-paced program to get state certified
- Preparation for other areas of national certification (ACSM, ACE, NFPT)
- Build a career path or transfer to a four-year degree program

Southwestern College Benefits

- Complete certificate program for Fitness Specialist in one year.
- All classes offered before noon to enable a set work schedule. (Internship hours offered in the summer.)
- Reasonably priced, each class is 2–3 units. Check with the Office of Admissions, 619-482-6550, for current enrollment fees.
- WASC accredited (Western Association of Schools and Colleges)
- Offers in-house internship and industry referrals to build résumé experience.

Faculty Consultants

Melanie Durkin, M.A.

Professor of Health and Exercise Science; Department Chair of Exercise Science; Program Coordinator

Valerie Goodwin-Colbert, M.Ed.

Professor of Health and Exercise Science

Michael Meehan, M.Ed.

Professor of Health and Exercise Science; Fitness Center Director; Program Coordinator

Bruce Turner, M.A.

Dean of Health, Exercise Science and Athletics

Advisory Board

Fabio Comana, M.A., M.S., ACE

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Todd Durkin M.A., CSCS, ACE, NCTMB

Tony Fajardo, M.S., ATC, CSCS

Mike Meehan, M.Ed., McKenzie (A,B), ACE

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Main Campus

900 Otay Lakes Road, Chula Vista, CA 91910-7299
619-421-6700

Education Center at San Ysidro

460 W. San Ysidro Blvd., San Ysidro, CA 92173-2410
619-690-6083

Higher Education Center at National City

880 National City Blvd., National City, CA 91950-1123
619-216-6665

www.swc.cc.ca.us

To request this brochure in alternate media, please call 619-482-6512 or TTY 619-482-6470.

State Approved

Fitness Specialist Program



Fitness Specialist Certificate Course Descriptions

Fitness Assessment/Lab I ES/A 109

Individual fitness assessment evaluation program suited to all levels of fitness. Each student will be tested and lectured in the areas of body composition, cardiorespiratory fitness, nutritional analysis, pulmonary function, flexibility, and muscular strength. Recommendations for improvement included.

Introduction to Exercise Physiology

ES/T 135

Designed to study how the body functions under exercise stress and how fitness behaviors affect health and wellness. Emphasis on muscular, cardiorespiratory, and other physiological processes that occur as a result of exercise, conditioning, and the effects of disease.

Techniques of Weight Training ES/T 136

Designed to provide a thorough review for those intending to teach weight training. Covers anatomy and physiology, training sequences, available equipment, and safety factors including contra indications.

Techniques-Exercise Leadership ES/T 138

Designed to study the principles and techniques involved in teaching group exercise and developing a personal trainer and client relationship. Emphasis on client assessment, communication skills, program design, exercise adherence, teaching strategies, and professional responsibility and liability.

Fitness Specialist Internship ES/T 139

Designed to provide students with practical experience in the field of exercise and fitness. Emphasis on participant screening, evaluation and exercise program design, self-marketing fitness specialist/client relationships, and professional responsibility in a fitness setting.

Introduction to Applied Kinesiology ES/T 140

Covers arthrology (study of joints), osteology (bone) and myology (muscles) with special emphasis on movement analysis. Emphasis on anatomical and mechanical analysis of motion as it pertains to movement in sport and exercise.

Prevent/Care Athletic Injuries ES/T 250

Addresses the fundamentals of elementary human anatomy and their relationship to athletic activity. Primary focus will be on the prevention and recognition of common athletic injuries including the theory and practice of emergency field care. The treatment and rehabilitation of athletic injuries will also be discussed. Bandaging and/or taping techniques will be practiced in the laboratory.

Nutrition for Athletes HLTH 202

General presentation of a wide variety of nutritional topics related to athletes and fitness. It provides introductory nutrition principles as well as exercise and sports science principles that will allow the student to understand the basic processes and applications of nutrition for athletes.

First Responder HLTH 110

Fundamentals of first aid with emphasis on emergencies requiring knowledge and skills in artificial respiration, cardiopulmonary resuscitation, automated external defibrillation, oxygen therapy, care for fractures, bleeding, poisoning, and burns. Additional material covers problems of exposure, drugs, emergency rescues, childbirth, and body substance isolation procedures (BSI).



Classes Offered

ES/A 109	Fitness Assessment Lab
ES/T 135	Introduction to Exercise Physiology
ES/T 136	Techniques of Weight Training
ES/T 137	Exercise For Special Populations
ES/T 138	Techniques of Exercise Leadership
ES/T 139	Fitness Specialist Internship
ES/T 140	Introduction to Applied Kinesiology
ES/T 250	Care and Prevention of Injuries
HLTH 110	First Aid and CPR
HLTH 202	Nutrition for Athletes

Accelerated Schedule

Classes meet in the morning and are finished by noon to accommodate your work schedule.

FALL

ES/A 109
ES/T 136
ES/T 140
HLTH 202
ES/T 250
HLTH 110

SPRING

ES/T 135
ES/T 137
ES/T 138
HLTH 110
HLTH 202

SUMMER

ES/T139

