CERTIFICATES

Fitness Specialist Certification—Basic

Certificate of Proficiency

Career/Technical (Major Code: 01361)

The Fitness Specialist program is designed to train and qualify students to function as entry-level, intermediate, and advanced group exercise leaders and personal trainers. Students will learn the scientific principles of exercise and physical conditioning, techniques of exercise leadership with groups and individuals, assessment and establishment of healthy behaviors, nutrition and the designing of safe, effective, and personalized exercise plans for a variety of clients.

	Total units	16
ES/T 140	Introduction to Applied Kinesiology	2
ES/T 139	Fitness Specialist Internship	3
ES/T 138	Techniques of Exercise Leadership	2
ES/T 137	Exercise for Special Populations	2
ES/T 136	Techniques of Weight Training	2
ES/T 135	Introduction to Exercise Physiology	2
HLTH 202	Nutrition for Athletes	3

Fitness Specialist Certification—Advanced

Certificate of Achievement

Career/Technical (Major Code: 01362)

The Fitness Specialist program is designed to train and qualify students to function as entry-level, intermediate, and advanced group exercise leaders and personal trainers. Students will learn the scientific principles of exercise and physical conditioning, techniques of exercise leadership with groups and individuals, assessment and establishment of healthy behaviors, nutrition and the designing of safe, effective, and personalized exercise plans for a variety of clients.

	Total units	21
ES/T 250	Prevention and Care of Athletic Injuries	2
ES/T 140	Introduction to Applied Kinesiology	2
ES/T 139	Fitness Specialist Internship	3
ES/T 138	Techniques of Exercise Leadership	2
ES/T 137	Exercise for Special Populations	2
ES/T 136	Techniques of Weight Training	2
ES/T 135	Introduction to Exercise Physiology	2
HLTH 202	Nutrition for Athletes	3
HLTH 110	First Responder	3

Fire Science Technology

Higher Education Center at Otay Mesa

Dean Silvia Cornejo, M.A., Office 4118D, 619-482-6755

Faculty Richard Sherard, A.A.

Department Chair Gary Creason, M.S.

General Description

Today, fire service personnel are faced with a diverse and complex environment. Fire fighters must possess sufficient knowledge and skills to deal effectively with the fire protection problem, emergency medical care response, and hazardous materials. The study of fire science includes the philosophy, history, chemistry, physics, laws, terminology, technology and detection, and prevention of fires.

Career Options

Below is a sample of the career options available to the fire science major. Most require a certificate of achievement or an associate in science degree and graduation from a fire academy. Positions are available in state and federal agencies and private industry. Careers in fire protection include public fire service, fire protection and engineering, and education. Openings occur each year in fire service and related fields for men and women who possess the proper education and qualifications.

Degree/Certificate Options

Major Code

Associate in Science Degree: Career/TechnicalFire Science Technology

02845

Certificate of Achievement

Fire Science Technology

02846

Consult with a counselor to develop a Student Education Plan (SEP), which lists the courses necessary to achieve your academic goal.

ASSOCIATE IN SCIENCE DEGREE

Fire Science Technology

Career/Technical (Major Code: 02845)

Provides training in the theory and practice of fire technology, the fire service, and the fire protection field. It is designed to enhance qualifications for entry into the fire service, for preparation for entry-level hiring examinations, and for current firefighters wishing to complete a degree in fire technology.

	Total units	35
Complete 20 units from electives		20
FS 106	Building Construction for Fire Protection	3
FS 104	Fire Protection Equipment and Systems	3
FS 103	Fire Prevention Technology	3
FS 102	Fire Behavior and Combustion	3
FS 101	Fire Protection Organization	3

Electives: EMT 109, 101, 112, 112L, FS 10, 12, 20, 40, 108, 110, 125, 126, 137, 140, 141, 144, 145, 150, 151, 290–293.

To earn an associate degree, additional general education and graduation requirements must be completed. See page 51.

CERTIFICATE

Fire Science Technology

Certificate of Achievement

	Total units	35
Complete 2	0 units from electives	20
FS 106	Building Construction for Fire Protection	3
FS 104	Fire Protection Equipment and Systems	3
FS 103	Fire Prevention Technology	3
FS 102	Fire Behavior and Combustion	3
FS 101	Fire Protection Organization	3
Career/Techr	nical (Major Code: 02846)	

Electives: EMT 109, 101, 112, 112L, FS 10, 12, 20, 40, 108, 110, 125, 126, 137, 140, 141, 144, 145, 150, 151, 290.