

Health Fitness Specialist Certificate - 17 credits

Program Area: Health, Physical Education and Recreation (Fall 2025)

Program Description

The Health Fitness Specialist Certificate is a one-year program designed to prepare students to begin a career in promoting and enhancing health and fitness as a personal trainer, fitness instructor, conditioning coach, or fitness center staff in a variety of settings, including fitness centers, gyms, healthcare facilities, and corporate wellness programs. Health Fitness Specialists design and implement safe and appropriate individual, group, and facility wellness programs for personal growth in health-related physical fitness and disease prevention. Students will assess client risk factors, lifestyle behaviors, and physical fitness to implement safe exercise prescription, behavior modification, and nutritional guidance. Health Fitness Specialists are motivators for positive lifestyle choices and healthy behavior change for individuals, groups, and organizations. Upon successful completion of the certificate, the student should be well prepared to sit for national certifications in health and fitness, including the National Council on Strength and Fitness Personal Trainer exam. The program

transfers seamlessly into LSC's Exercise Science Transfer Pathway AS (60 credits).

Required Courses

Course	Course Title	Credits	Term
HPER 1116	Resistance Training	1	
HPER 1304	Nutrition in Athletic Performance	2	
HPER 1326	Lifetime Fitness	2	
HPER 1330	Fundamentals of Training Theory	3	
HPER 1322	Personal Training	3	
HPER 1332	Introduction to Exercise Science	3	
HPER 1100 HPER 1302 HPER 1306 HPER 1324 HPER 1334	Choose one of the following: Career Exploration in Exercise Science Nutrition Tobacco, Alcohol and Other Drugs Personal Wellness Assessment of Physical Fitness	3	

Total Credits

17

Program Outcomes

Upon graduation, students will have successfully completed:

- The ability to apply a scientific base of knowledge in exercise physiology, nutrition, training theory, wellness, and physical conditioning.
- The application of critical thinking skills to develop appropriate and safe programming for a variety of facilities and clients that minimizes risk and maximizes potential benefits.
- The practice of professional conduct and a positive motivator for clients and facilities.

For selection of appropriate coursework; or general information about the program, admissions, financial aid, and getting started at LSC, contact the [professional advising team](mailto:advising@lsc.edu) (advising@lsc.edu) or at 218-733-7601.

For more information about the Personal Training Certificate including course descriptions, prerequisites, the program report, and potential career opportunities, see the [program website](https://www.lsc.edu/degrees/health-fitness-specialist-certificate/) (https://www.lsc.edu/degrees/health-fitness-specialist-certificate/)

or

Contact Faculty, [Jeremy Roseth](mailto:jeremy.roseth@lsc.edu) (jeremy.roseth@lsc.edu) at 218-733-5910 or [Joshua Tesch](mailto:joshua.tesch@lsc.edu) (joshua.tesch@lsc.edu) at 218-733-5971