

Aquatic Group Fitness Instructor & Aquatic Personal Trainer Certificates (AFIC & APFTC)

Aquatic Group Fitness Instructor Certificate (AFIC)

The Aquatic Group Fitness Instructor certificate prepares students to design and lead comprehensive aquatic classes for clients at various fitness levels. Program graduates are prepared to take the Aquatic Exercise Association (AEA) national certification examination to become a Certified Aquatic Fitness Professional.

Graduates may be employed by health clubs, corporate fitness centers, recreation programs, hospitals, or senior centers. Job activities may include designing safe aquatic classes, scheduling classes, and assisting clients with goal setting and motivation.

Aquatic Personal Trainer Certificate (APFTC)

The Aquatic Personal Trainer Certificate is designed for experienced personal trainers who want to expand their services by providing personal training for clients in an aquatic environment. Students learn about the effects of water properties on exercise programming, formats for aquatic exercise, and how to monitor exercise intensity in aquatic environments.

Graduates may be employed by health clubs, fitness centers, or wellness centers. Job activities may include fitness testing and risk factor identification, conducting individual and group exercise programs, counseling clients on behavior modifications, and designing individualized fitness programs.

For more information, please contact the Health and Public Safety Division at (513) 569-1670.

To apply for this program at Cincinnati State, visit our Admissions Page (<http://www.cincinnati-state.edu/academics/admission>)

Aquatic Group Fitness Instructor Certificate (AFIC)

Program Prerequisites: Meet with Program Chair.

Semester 1		Lec	Lab Credits	
EMS 100	CPR and First Aid for the Health Care Professional	1	0	1
HFT 128	Aquatic Group Fitness Instructor	3	2	4
Total Credits:		4	2	5

Aquatic Personal Trainer Certificate (APFTC)

Program Prerequisites: Meet with Program Chair, and hold a nationally accredited Personal Training Certificate.

Semester 1		Lec	Lab Credits	
EMS 100	CPR and First Aid for the Health Care Professional	1	0	1
HFT 160	Aquatic Personal Trainer	1	2	2
Total Credits:		2	2	3

Faculty

Advisor

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