

Health and Fitness Special Populations Certificate (HFSPC)

Health and Fitness Special Populations Certificate (HFSPC)

The Health and Fitness Special Populations Certificate prepares students to work in the field of health and fitness with a wide range of individuals including clients with chronic diseases, youth, older adults, and clients concerned with women's health.

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>)

Health and Fitness Special Populations Certificate (HFSPC)

Program Prerequisites: Meet with Program Chair

Semester 1		Lec	Lab	Credits
HFT 130	Foundations of Health and Wellness Programs	2	2	3
Semester 2				
HFT 164	Health and Fitness Across the Life Span 1	3	0	3
HFT 168	Health and Fitness Across the Life Span 2	3	0	3
Total Credits:		8	2	9

Faculty

Advisor

Melinda (Mindy) Piles, MEd, ACSM EP-C, CPT
melinda.piles@cincinnati-state.edu