

Health and Fitness Special Populations Certificate (HFSPC)

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The Health and Fitness Special Populations Certificate prepares students with a current certification in Personal Training, Group Fitness, or Yoga Teacher Training to work in the field of exercise science with a 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 the Admissions (<http://www.cincinnati-state.edu/academics/admission/>) section of the College website.

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Program Prerequisites: Meet with Program Chair

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

Some courses are offered in alternative versions identified with a letter after the course number-- for example, ENG 101 and ENG 101A.

- This curriculum displays only course numbers without the added letter.
- The alternative version, when available, meets the requirements of the course version without the added letter.

Faculty

Program Chair/Advisor

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