

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 | Lab | 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 | | 8 | 2 | 9 |
| Credits: | | | | |

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

Melinda (Mindy) Piles, MEd, ACSM EP-C, CPT
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Health and Public Safety Division Advising

Call (513) 569-1670 or Text (513) 569-1600