

Physical Fitness Specialist

Program Outcomes

Discuss the physiology and mechanics of human movement related to the major components of physical fitness, health and sports	Demonstrate a strong foundational knowledge of the human body systems and the acute and chronic adaptations on the body through modalities, exercise and lifestyle changes	Define the psychological principles critical to health and wellness behavior changes	Describe, discuss, compare/contrast and demonstrate the role of the Physical Fitness Specialist as a member of the healthcare team in modern healthcare	Assess dietary habits and recommend developmental and maintenance interventions	Develop safe and effective recommendations of lifestyle changes to support clients or teams through needs inventory, goals and specific objectives	Recognize, manage and provide preventive practices for basic musculoskeletal injuries through proper understanding of evaluation of movement, range of motion and muscle imbalances of the human body	Demonstrate ACSM and CSCS professional standards in the field of exercise science and client care
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Required Courses

PHF 155	I	I	I	I	I	I		
PHF 150		R				E		
PHF 122	E	R					I	
PHF 204					E			
PHF 207	R			R			E	
PHF 197		R		R				I
PHF 251		R				R		
PHF 208	R	R	R	R	R	R	R	R
PHF 299	E, A	E, A	E, A	E, A	E, A	E, A	E, A	E, A

I-Outcome introduced; R-Outcome Reinforced; E-Outcome Emphasized; A-Outcome Assessed

I – Outcome Introduced R = Outcome Reinforced E = Outcome Emphasized A = Outcome Assessed