



SANTA BARBARA CITY COLLEGE

**FITNESS TRAINER
CERTIFICATE OF ACHIEVEMENT**

FACULTY INFO



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HOW TO APPLY

Visit the SBCC "apply and enroll"
webpage for easy, step-by-step
instructions.



<https://sbccc.edu/apply/index.php>



CONTACT US



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www.sbccc.edu/physicaleducation/



***GAIN SKILLS HERE
TO SUCCEED OUT THERE.***



WHY CHOOSE US

Our program will give our students an edge over others who complete a certification on their own. With experienced faculty leading students through a thoughtfully structured curriculum, you'll be well prepared to jump into your career in fitness training.

DESCRIPTION

This certificate will fast track students to a career in the fitness industry. Students can complete the program in 1 academic year.

The Fitness Trainer Certificate of Achievement prepares students to obtain the knowledge, skills, and experience employers are looking for in trainers. Topics will include health and fitness concepts, nutrition, assessments, program design, and instruction. The hands-on approach will give students the experience they need and will prepare students for a Certified Personal Trainer exam and employment in the fitness industry.

FIND OUT MORE



COURSE PLAN

Complete in 1 year!

16.5 - 20 UNITS

HE 213 - *Concepts in Health and Physical Fitness (Fall)*

PE 143 - *Integrated Training (Fall)*

BMS 100 Or BMS 107 & 108 - *The Human Body or Anatomy & Physiology (Fall or Spring)*

HE 110 - *Sports Nutrition (Spring)*

HE 220 - *Fundamentals Of Exercise Testing And Fitness Instruction (Spring)*

HE 295 - *Internship (Spring)*

