

Certificate

Fitness Instruction

This program is ideal for those who want to join the fitness profession’s most elite, highly-paid ranks as well as fitness enthusiasts and those seeking to change careers.

Total Units: 36

The Fitness Instruction program consists of seven required courses and two elective courses.

Program Start:

Domestic Students – start any quarter.

International Students – start fall quarter only. See page 2 for recommended schedule.

Locations: Westwood, some courses offered online

Completion time: 3 quarters (fulltime, fall start)

Required

28 Units | 7 Courses

COURSE NAME & NUMBER	UNITS	FALL	Typically Offered*		
			WINTER	SPRING	SUMMER
Required Physiology Course (Choose 1 only)					
Human Anatomy and Physiology PHYSICI X 400.6	4	Classroom	Online	Classroom	Online
The Human Body: How It Functions PHYSICI X 449	4	Online	Online	Online	Online
Required Courses (Take all courses)					
Introduction to Human Nutrition PHYSICI X 451	4	Classroom	Online	Classroom	Online
Applied Anatomy and Biomechanics PHYSICI X 452	4	Classroom	Online	Online	Online
Exercise Physiology PHYSICI X 450	4	Online	Classroom	Online	Online
Resistance Training Fundamentals COM HLT X 452	4	Classroom			
Fitness Testing and Health/Risk Appraisal COM HLT X 453	4		Classroom		
Exercise Prescription, Program Design, and Coaching Techniques COM HLT X 454	4			Classroom	

Electives

8 Units | 2 Electives

COURSE NAME & NUMBER	UNITS	FALL	Typically Offered*		
			WINTER	SPRING	SUMMER
Exercise and Sports Nutrition COM HLT X 404.7	4			Classroom	
Practical Training for Fitness Instructors** COM HLT X 451.1	14	Classroom			
Prevention, Recognition, and Treatment of Athletic Injuries*** COM HLT X 457.5	4			Classroom	
Advanced Athletic Training: Evaluation of Athletic Injuries COM HLT X 457.4	4		Classroom		
Biomechanics: Analysis of Human Movement COM HLT X 421.1	4				Online
Biomechanics of Musculoskeletal Injury COM HLT X 425	4	Online			
Live Healthier Longer: Evidence-based Nutrition COM HLT X 440	4			Online	
Evaluating Diet Trends: Tools for Promoting Effective Nutrition COM HLT X 456	4		Classroom		

*Courses in this program are typically offered during the quarters and format(s) outlined above. Scheduling is subject to change at any time by UCLA Extension. Please visit our website for all current course offerings.

** This course spans three quarters, starting in fall only, and fulfills all elective requirements for this program.

*** Prevention course should be taken before Advanced course.

Contact Us

310-825-7093

humsci@uclaextension.edu

Recommended Schedule for International Students

Fall Quarter	Winter Quarter	Spring Quarter
Human Anatomy and Physiology OR The Human Body: How It Functions	Exercise Physiology	Exercise Prescription, Program Design, and Coaching Techniques
Applied Anatomy and Biomechanics	Fitness Testing and Health/Risk Appraisal	Introduction to Human Nutrition
Resistance Training Fundamentals	One elective course	One elective course
English Course: Advanced Academic Writing and Presentation Skills [^]		

[^]This course is required for those with a TOEFL score between 91 and 99 or an IELTS score of 6.5 with a 6.5 or above in writing. Anyone with scores of 100 or higher on the TOEFL or 7.0 or higher on the IELTS is exempt from this course.

Please Note:

An application and nonrefundable fee are required to establish candidacy in this program. The application and fee establishes your candidacy for a period of time covering normal progress toward completion, and may allow you to access a variety of program benefits. [Apply now](#) or [visit the certificate webpage](#) for more information.

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