

**Select at least ten (10) units from the following:**

Broadcast Journalism	BRCT	A105	(3)
Scriptwriting	ENGL	A127	(3)
Film as Literature	ENGL	A148	(3)
Great Directors of Cinema	FILM	A104	(3)
Home Video Mktg/Distribution	FILM	A112	(3)
Film/Video Sound	FILM	A193	(3)
Special Projects	FILM	A260	(2)
Television Lab	FILM	A261	(2)
Film/Video Editing 2	FILM	A264	(3)
Digital Cinema	FILM	A270	(4)
Theatre Directing	THEA	A275	(3)
Motion Graphics and Video Compositing with Adobe After effects	DMAD	A263	(3)
			<b>(10)</b>
			<b>Total: (36)</b>

Note: Each required and elective course must be passed with a grade of "C" or better to qualify for the Certificate of Achievement.

**ASSOCIATE DEGREE**

Complete the Certificate of Achievement and Associate in Arts Graduation Requirements as outlined in the Graduation Requirements section of the catalog.



## FITNESS SPECIALIST

The Orange Coast College Fitness Specialist program trains students for positions entry-level or higher in the booming fitness industry. Graduates are qualified to be fitness instructors, exercise testing technicians, strength coaches, and personal fitness counselors.

Students in this program learn scientific principles of exercise and physical conditioning, techniques of leading exercise classes, and methods appropriate to establishing healthy behavior. The Fitness Specialist evaluates the physiological and psychological effects of physical activities and designs personalized exercise prescriptions.

The fitness industry, experiencing rapid growth, has a growing demand for trained instructors and exercise test technologists in health clubs, fitness studios, and sports medicine clinics. The employment outlook is excellent.

## FITNESS SPECIALIST

This program provides students with theory necessary to be effective in the health fitness industry (health clubs, corporate fitness, etc.). Students in this program will learn scientific principles of exercise and physical conditioning, techniques for the measurement of human performance, and methods for establishing healthy nutritional patterns.

**Program Outcomes**

Upon completion of the Fitness Specialist program, students will have the knowledge, skills and experience necessary to assess and evaluate an individual's level of physical fitness and design appropriate exercise programming to improve physical fitness. Students will be qualified to for careers as fitness instructors, exercise testing technicians, strength coaches, or personal fitness trainers.

**CERTIFICATE OF ACHIEVEMENT**

**Required prerequisite:**

Current First Aid/CPR Certification

**Required Courses**

Course			Units
Anatomy-Physiology	BIOL	A221	(4)
Fitness and Health	PE	A134	(3)
Movement Analysis	PE	A274	(3)
Sports Management	PE	A278	(3)
Sports Medicine	PE	A281	(3)
Fitness & Exercise Testing	PE	A284	(3)
Strength Conditioning/Theory	PE	A289	(3)
Internship Academy	ITRN	A392	(1)
		<b>Subtotal:</b>	<b>(23)</b>

**Select one (1) course from the following:**

Nutrition, Fitness & Perf	HLED	A136	(3)
Fitness Programs I	PE	A107	(2)
Drugs & Sports	PE/HLED	A138	(3)
			<b>(3)</b>
		<b>Total:</b>	<b>(25-26)</b>

**ASSOCIATE DEGREE**

Complete the Certificate of Achievement and Associate in Science Graduation Requirements as outlined in the Graduation Requirements section of the catalog.