

KINT 452: ACSM Certified Health & Fitness Specialist

This course will prepare students to take the ACSM Health Fitness Specialist Exam. The course will cover basic anatomy and physiology, nutrition, fitness assessment, program design, injury prevention and first aid, behavioral change and legal guidelines. Certification requires additional fee.

Credits: 3

Prerequisites:

KINT 252

Program: **Kinesiology**

Semester Offered: Spring odd years