

**Degree:** Certificate Post-Baccalaureate

**College:** Health Sciences and Human Services

Certificate: Group Fitness Leadership

Certificate Code: GFLD

Credits Required: 15

## **Post - Baccalaureate Certificate Requirements**

## **Required Certificate Courses: (15 Credits)**

EXSC 7050 Industrial, Clinical, and Corporate Wellness
EXSC 7150 Business and Entrepreneurship in the Fitness Industry
EXSC 7170 Strength and HIIT in Group Fitness Exercise
EXSC 7570 Cardiovasculare and Flexibility Training in Group Fitness Exercise
FXSC 7870 Key Concents in Fitness and Wellness

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