

Degree: Certificate Post-Baccalaureate College: Health Sciences and Human Services Certificate: Group Fitness Leadership Certificate Code: GFLD

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
- □ EXSC 7870 Key Concepts in Fitness and Wellness

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