

EXERCISE, SPORTS AND WELLNESS

Program Description

This program prepares individuals to apply business, coaching and physical education principles to the organization, administration and management of athletic programs and teams, fitness/rehabilitation facilities and health clubs, sport recreation services, and athletic training programs. This includes instruction in program planning and development; business and financial management principles; sales, marketing and recruitment; event promotion, scheduling and management; facilities management; public relations; legal aspects of sports; and applicable health and safety standards.

Campus

MOV, NOR, RIV

Award Type

AS, S

Career Opportunities

- Athletic Training Aide
- Club Coach
- Fitness Practitioner
- Health and Fitness Club Attendant
- High School Coach
- Junior/Middle School Coach
- Lifeguard
- Physical Therapy Aide
- Personal Trainer
- Water Safety Instructor
- Weight Instructor

Wages

	Annual	Hourly
Coach	\$29,700	\$15.47
Fitness Club Attendants	\$20,724	\$10.79
Fitness Trainer	\$35,900	\$17.29
Lifeguard	\$22,407	\$11.67
Physical Therapy Aides	\$25,000	\$12.01

Contact Information

Riverside – (951) 222-8421

EXERCISE, SPORT AND WELLNESS

Certificate Program

Major Core Requirements:

Required Courses (21 units)		Units
PHP-4	Nutrition	3
PHP-10	Introduction to Physical Education	3
PHP-12	Sport Psychology	3
PHP-14	Athletic and Fitness Organization and Administration	3
PHP-16	Introduction to Athletic Training	3
PHP-30	First Aid and CPR	3
PHP-35	Foundations for Fitness and Wellness	3

In addition choose and complete courses from one Emphasis below:
3-16

FITNESS PROFESSIONS EMPHASIS AS595/CE595

(Total of 24 units)

Exercise, Sport and Wellness Major Core requirements 21

Take one of the following:

PHP-42	Lifeguard and Water Safety Instructor Certification	3
PHP-43	Personal Training	3
PHP-44	Yoga Instructor Training	3
PHP-45	Group Fitness Instructor	3

ATHLETIC TRAINING EMPHASIS AS597/CE597

(Total of 29 units)

Core requirements 21

PHP-21 Athletic Training Applications (Must take two times) 2-2

and

Take two of the following:

PHP-17	Athletic Training, Fall Sports, Lower Extremity	2
PHP-18	Athletic Training, Spring Sports, Upper Extremity	2
PHP-19	Athletic Training, Fall Sports, Head, Neck, Spine, Torso, and Hip	2
PHP-20	Athletic Training, Spring Sports, General Medical	2



EXERCISE, SPORTS AND WELLNESS

COACHING EMPHASIS

AS599/CE599

(Total of 30 units)

Core requirements	21
Elective from Group 1 Electives	3
Elective from Group 2 Electives	3
Elective from Group 3 Electives	1
Elective from Group 4 Electives	1
Elective from Group 5 Electives	1

Group 1 Electives (3 units)

PHP-24	Sports Officiating, Fall Sports	3
PHP-25	Sports Officiating, Spring Sports	3

Group 2 Electives (3 units)

PHP-26	Foundations of Coaching	3
PHP-27	Football Theory	3
PHP-28	Basketball Theory	3
PHP-29	Soccer Theory	3
PHP-33	Baseball Theory	3
PHP-34	Softball Theory	3
PHP-42	Lifeguard/Water Safety Instructor Certification	3

Group 3 Electives - Individual Activity Courses (1 unit)

PHP-A11	Tennis, Beginning	1
PHP-A12	Tennis, Intermediate	1
PHP-A13	Tennis Advanced	1
PHP-A20	Golf, Beginning	1
PHP-A21	Golf, Intermediate	1
PHP-A28	Swimming, Basic Skills and Aquatic Exercise	1
PHP-A29	Swimming, Intermediate Skills	1
PHP-A30	Swimming, Advanced Skills and Conditioning	1
PHP-A33	Track and Field: Running Event Techniques	1
PHP-A34	Track and Field: Field Event Techniques	1

Group 4 Electives - Team Activity Courses (1 unit)

PHP-A50	Baseball Fundamentals, Defensive	1
PHP-A51	Baseball Fundamentals, Offensive	1
PHP-A52	Fast Pitch Fundamentals, Offensive	1
PHP-A53	Fast Pitch Fundamentals, Defensive	1
PHP-A54	Fast Pitch Softball Fundamentals	1
PHP-A57	Basketball	1
PHP-A60	Football Fundamentals, Defensive	1
PHP-A61	Football Fundamentals, Offensive	1
PHP-A62	Flag Football	1
PHP-A64	Soccer	1
PHP-A67	Volleyball, Beginning	1
PHP-A68	Volleyball, Intermediate	1
PHP-A69	Volleyball, Advanced	1

Group 5 Electives - Fitness Activity Courses (1 unit)

PHP-A31	Water Aerobics and Deep Water Exercise	1
PHP-A74	Hiking and Backpacking	1
PHP-A75	Walking for Fitness	1
PHP-A77	Jogging for Fitness	1
PHP-A78	Long Distance Running	1
PHP-A80	Triathlon Techniques	1
PHP-A81	Physical Fitness	1
PHP-A86	Step Aerobics	1
PHP-A87	Step Aerobics, Intermediate	1
PHP-A88	Step Aerobics, Advanced	1
PHP-A90	Weight Training	1
PHP-A92	Weight Training, Advanced	1

Associate in Science Degree

The Associate in Science degree in Physical Education will be awarded upon completion of the requirements for the certificate, plus completion of the graduation requirements as described in the catalog, as well as electives totaling 60 units of college work as required for the associate degree.

