

Fitness Instruction

This program is ideal for those who want to join the fitness profession's most elite, highly-paid ranks as well as fitness enthusiasts and those seeking to change careers.

Total Units: 36

The Fitness Instruction program consists of seven required courses and two elective courses.

Program Start: Start any quarter.

Completion time: 3 quarters (full-time, Fall Quarter start)

Format: This program is offered 100% online in a mixture of Remote (synchronous via Zoom) and Online (asynchronous) formats.

Required

28 Units | 7 Courses

Typically Offered*

COURSE NAME & NUMBER	UNITS	FALL	WINTER	SPRING	SUMMER
Required Physiology Course (Choose 1 only)					
Human Anatomy and Physiology PHYSXI X 400.6	4	Remote	Online	Remote	Online
The Human Body: How It Functions PHYSXI X 449	4	Online	Online	Online	Online
Required Courses (Take all courses)					
Introduction to Human Nutrition PHYSXI X 451	4	Remote	Online	Remote	Online
Applied Anatomy and Biomechanics PHYSXI X 452	4	Remote	Online	Online	Online
Exercise Physiology PHYSXI X 450	4	Online	Remote	Online	Online
Resistance Training Fundamentals COM HLT X 452	4	Remote			
Fitness Testing and Health/Risk Appraisal COM HLT X 453	4		Remote		
Exercise Prescription, Program Design, and Coaching Techniques COM HLT X 454	4			Remote	

Electives

8 Units | 2 Electives

Typically Offered*

COURSE NAME & NUMBER	UNITS	FALL	WINTER	SPRING	SUMMER
Exercise and Sports Nutrition COM HLT X 404.7	4			Remote	
Practical Training for Fitness Instructors** COM HLT X 451.1	14	Classroom			
Prevention, Recognition, and Treatment of Athletic Injuries*** COM HLT X 457.5	4			Classroom	
Advanced Athletic Training: Evaluation of Athletic Injuries COM HLT X 457.4	4		Classroom		
Biomechanics: Analysis of Human Movement COM HLT X 421.1	4				Online
Biomechanics of Musculoskeletal Injury COM HLT X 425	4	Online			
Live Healthier Longer: Evidence-based Nutrition COM HLT X 440	4			Online	
Evaluating Diet Trends: Tools for Promoting Effective Nutrition COM HLT X 456	4		Remote		

Please Note:

An application and nonrefundable fee are required to establish candidacy in this program. The application and fee establishes your candidacy for a period of time covering normal progress toward completion, and may allow you to access a variety of program benefits. [Apply now](#) or [visit the certificate webpage](#) for more information.

*Courses in this program are typically offered during the quarters and format(s) outlined above. Scheduling is subject to change at any time by UCLA Extension. Please visit our website for all current course offerings.

** This course spans three quarters, starting in fall only, and fulfills all elective requirements for this program.

*** Prevention course should be taken before Advanced course.

Contact Us

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