

Sports Fitness and Wellness

Specialist Program

Approved Program



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Certificate in Sports Fitness and Wellness Specialist Program (CSFW)

Sports Fitness and Wellness Specialist Program is designed for students wishing to pursue a career in the sports and Fitness industry. Any individual within the United States of America or international (outside the USA) that would like to obtain a certificate in sports fitness and wellness can enroll in this program. In this Sports Fitness and Wellness Program the following topics will be covered: The Fitness and Wellness, Modification of Modification, Wellness and Nutrition, Composition of Human Body, Human Body Weight Management, Endurance Cardiorespiratory System, and Endurance for Muscular Fitness, Flexibility of Muscles, Programming the Fitness and Skills, Techniques of Stress Management and Assessment, Cardiovascular Disease Prevention, Prevention of Cancer, Behavior: Addictive, Sexually Transmitted Infections Prevention, Continued Fitness and Wellness. This is a self-paced course, this means that you can complete this certificate program at your learning pace within the allotted program duration access.

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PROGRAM OUTLINE:

- Lesson 1. The Fitness and Wellness.
- Lesson 2. Modification of Modification.
- Lesson 3. Wellness and Nutrition

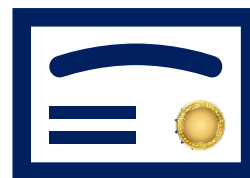
- Lesson 4. The Composition of Human Body
- Lesson 5. Human Body Weight Management.
- Lesson 6. Endurance Cardiorespiratory System.
- Lesson 7. Strength and Endurance for Muscular Fitness.
- Lesson 8. The Flexibility of the Muscles.
- Lesson 9. Programming the Fitness and Skills.
- Lesson 10. Techniques of Stress Management and Assessment.
- Lesson 11. Cardiovascular Disease Prevention.
- Lesson 12. Prevention of Cancer.
- Lesson 13. Behavior: Addictive.
- Lesson 14. Sexually Transmitted Infections Prevention.
- Lesson 15. Continued Fitness and Wellness.

Pace: Self-Paced

Duration: 2-4 Months (8-16 Weeks)

Delivery Method: Online

ACHIEVEMENT & DIGITAL BADGE:



Certificate in Sports Fitness and Wellness Specialist Program (CSFW)

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Digital Badge for Certificate in Sports Fitness and Wellness Specialist Program (CSFW)