

# HEALTH & FITNESS CERTIFICATION FOR THE DEPARTMENT OF CORRECTIONS

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This is a Health and Fitness Certification developed specifically for students in the Colorado Department of Corrections. The 12 credit hour certification will prepare students to sit for a personal training certificate and work in a variety of fitness locations. The certificate is limited to students in the Colorado Department of Corrections.

## Specific Admission Requirements

Students must be in the Colorado Department of Corrections. Students must have a high school diploma and be eligible for admission to CSU Pueblo.

## Goals

The goal of this certificate is to prepare Department of Corrections students to sit for a personal training certificate and increase their chances of finding employment.

## Outcomes

1. Possess content knowledge and skills necessary for their perspective fields of study.
2. Evaluate and integrate critical concepts and skills acquired in the EXPER program to common professional problems in the fields of interest;
3. Exhibit effective oral and written communication regarding subjects related to EXPER in an individual and group setting.

## Specific Program Requirements

Course	Title	Credits
EPER 101	Intro to EXPER	2
EPER 110L	Weight Training	1
EPER 126L	Personal Fitness	1.0
EPER 162	Personal Health	3
EPER 222	Behavior Facilitation	3
AT 230	CPR & Sudden Illness & Injury Recognition	1
EPER 347	Methods of Fitness Instruction	1