

**Sports & Recreation**

M.A. Physical Education  
Administration . . . . .29  
Personal Fitness Trainer  
Certificate of Completion . . . .87  
Sport & fitness Psychology,  
Certificate ( Online) . . . . .87

**Personal Fitness  
Trainer  
Certificate**

**The Program**

Whether you are looking to change careers or just want to enhance your knowledge, this course provides you with all the information you need to become a Certified Personal Trainer.

**What You Will Learn**

The course is taught over a six-week period consisting of 15 hours of lectures including the following topics: anatomy, exercise physiology, nutrition, musculoskeletal injuries, and health screening. The program also includes 15 hours of “hands-on” practical training that prepares you to work individually with clients.

**Employment Outlook**

Top personal fitness trainers make \$60,000 or more a year while the median salary is nearly \$30,000 according to the Bureau of Labor Statistics. Employment in California for fitness trainers is due to increase over 50% from 2002 to 2012.

**Who Should Attend**

Fitness enthusiasts or anyone seeking a new career in the health and fitness industry.

**Eligibility Requirements**

There are no prerequisites required for the program. Proof of CPR is required before the certificate can be issued.

**Special Features**

A thirty-hour internship will help prepare you to work in the fitness field. W.I.T.S. is an approved CEU provider for International Association of Continuing Education and Training (IACET) and the Board of Certification for Athletic Trainers (BOC). College credits towards a degree can

also be acquired through our affiliation with the American Council on Education.

**Now Approved by AOTA for  
Occupational Therapists!**

We are proud to announce that we have been approved by the American Occupational Therapy Association (AOTA) for Occupational Therapists in the U.S.

**Certificate requirements**

The National Exam is held on the 6th week. Proof of CPR/AED and internship is required before the certificate can be issued.

**Costs, Books, & Materials**

Students are also required to purchase a textbook, *Fitness Professional's Handbook*, 5th edition by Howley and Franks.

*Students are to read chapters 1, 3, 5 and 6 for the first class.*

**1-Hour Orientation**

Free to the public. Come learn about the personal Fitness Training Certificate program from the experts. You'll also get an overview of the personal fitness training industry and trends. Call (310) 243-3741 to make your reservation for this free orientation meeting.

Date: Mar 2  
Time: Tue 6:30pm  
Location: CSUDH EE 1206  
Course No.: NHEX 100 Sec 01  
Reg. No.: 22265

**Scheduled Classes**

**Fitness Certification**

This course includes 15 hours of lectures that include the following topics: anatomy, exercise physiology, nutrition, musculoskeletal injuries, and health screening. It also includes 15 hours of “hands-on” practical training covering evaluating clients, equipment usage, biomechanics or exercise and weight-training techniques and program design.


Date: Mar 13 - Apr 24  
Time: Sat 9:30am-4:30pm  
Meetings: 6  
Location: EE 1209 & Riviera Fitness Club  
Fee: \$399  
Instructor: Janet Simpson  
Course No.: NHEX 110 Sec 01  
Reg. No.: 22135

For more information:  
[www.csudh.edu/ee/personalfitnesstrainer.html](http://www.csudh.edu/ee/personalfitnesstrainer.html)  
(888)330-9487  
Patricia Jami: [csdept@witseducation.com](mailto:csdept@witseducation.com)  
or visit [www.witseducation.com](http://www.witseducation.com)

**Sport & Fitness  
Psychology Online  
Certificate Program**  
Achieve optimal performance  
& apply team-building  
techniques

**Program Description**

The online Sport & Fitness Psychology Certificate Program addresses a growing demand for techniques that contribute to optimal performance. Participants will acquire an understanding of psychological principals and knowledge that enhance sports performance, teamwork, fitness, and well-being. This is not a certificate in coaching. Courses focus on the psychological aspects of performance, teamwork and fitness.

Online! 

This is an academic Certificate Program, consisting of five senior-level courses, each carrying three semester units. Take one course or complete the certificate.

**Location**

Courses are offered online using the Blackboard course management system and can be taken anytime, anywhere.

**Who Should Attend**

Anyone involved in sports, fitness, coaching, and team building, such as athletes, trainers, coaches, fitness instructors, health professionals, therapists, managers, and individuals interested in performance and psychology. Parent coaches will learn how to build cooperative teams. High school coaches can use these courses towards a teaching credential. Fitness instructors can increase their employability. Athletes have an opportunity to advance their careers.

**Sport & Fitness  
Psychology Online  
Certificate Program**

(Continued)

**Faculty**

**Beverly B. Palmer**, Ph.D. Professor, Department of Psychology, California State University, Dominguez Hills. Dr. Palmer is an expert in creating online instructional programs that are maximally interactive and engaging. Dr. Palmer has a private practice as a clinical psychologist.

**Mark Cartiglia**, Ph.D. Instructor, Department of Psychology, California State University, Fullerton. His areas of interest include psychological testing and sport psychology.

**Courses**

**PSY 480 Sport Psychology**

In-depth analysis and application of psychological principles and research in motivation, psychophysiology, personality, cognition, and emotion in sport settings.

**PSY 481 Applied Sport and Fitness Psychology**

Scientific research results in the field of psychology are used to illustrate how participation in sports and physical activity can facilitate psychological development and physical well-being.

**PSY 482 Psychology of Coaching and Team-Building**

Group processes, team-building techniques, leadership skills, and interpersonal communication skills will be applied to the enhancement of team sports performance and individual well-being.

**PSY 483 Contemporary Issues in Sport and Fitness Psychology**

Psychological theories will be applied to the identification and treatment of problems people who participate in sports may have as well as applied to the promotion of mental health.

**PSY 486: Internship in Sport and Fitness Psychology**

Supervised application of psychological principles applied to sports and fitness to promote performance and optimal well-being.

Course outlines available on program website  
[www.csudh.edu/sportpsychology](http://www.csudh.edu/sportpsychology)

**Spring 2010 Online Schedule**

**Sport Psychology**

3 Units

Introductory course in the Sport & Fitness Psychology Certificate program. You will learn about the important role psychology is playing in the world of sports today. Topics include:

- importance of personality, temperament and mood in sports setting
- issues in youth sports, including emotional abuse and exploitation
- strategies to prevent excess stress and burn out in young athletes
- strategies to facilitate character development in athletes of all ages
- psychological techniques that improve performance

Date	Mar 15 – May 7
Location	online ☞
Fee	\$597
Instructor	Mark Cartiglia, PhD
Course No	PSY 480 Sec 41
Reg. No	22240

**Psychology of Coaching and Team Building**

3 Units

Group processes, team-building techniques, leadership skills, and interpersonal communication skills will be applied to the enhancement of team sports performance and individual well-being.

Learn to use effective coaching and team-building tools in sports, whether you are a professional coach, a high school coach, a parent coach, or an athlete. This course shows you how these tools can be used in a variety of everyday situations—including in business and in family life. Learn new ways to manage a variety of challenges that come from working with people.

Date	Feb 1 - Mar 12
Location	online
Fee	\$597
Instructor	Beverly Palmer, PhD
Course No.	PSY 482-41
Reg. No.	22239

**Internship in Sports and Fitness Psychology**

3 Units

*Prerequisites: Completion of PSY 480, PSY 481, PSY 482, PSY 483; permission of coordinator*

This course provides supervised application of psychological principles applied to sports and fitness exercise in order to promote performance and optimal well-being. In this course students will

- Apply psychological principles
- Create individualized fitness programs
- Identify individual sports and exercise needs and implement a program to meet those needs
- Train individuals in techniques to improve team performance
- Describe ethical issues in delivery of sports and exercise services

Course requirements include identification of an appropriate fieldwork site, completing supervised hours at a site, and submitting weekly written logs. This course is graded CR/NC only.

Date	Jan 25 - May 14
Location	on site & online
Fee	\$597
Instructor	Beverly Palmer, PhD
Course No	PSY 486-41
Reg. No	22241

For more information:  
Contact Joanne Zitelli at [jzitelli@csudh.edu](mailto:jzitelli@csudh.edu)

Visit the program website  
[www.csudh.edu/sportpsychology/](http://www.csudh.edu/sportpsychology/)  
and view sample course outlines.