

Sport and Exercise Sciences DIPLOMA

Program Overview

Sport and Exercise Sciences Professionals instruct clientele in the betterment of their health through an integrated approach using sound knowledge of appropriate sciences. Functional training techniques, aerobic exercise and advanced stretching modalities (such as Proprioceptive Neuromuscular Facilitation (PNF) and Active Isolated Stretching (AIS)) are implemented appropriately based on initial and continuous feedback and testing. Graduates from the program perform patient assessments and build customized fitness, wellness and nutrition plans for individuals.

Career Opportunities

The US Bureau of Labor and Statistics listed Sport, Exercise and Fitness as one of the top overall job openings requiring Post-Secondary training. Employment is expected to grow by 21 percent from 2014-2024 much faster than average for all occupations. As businesses and insurance organizations continue to recognize the benefits of health and fitness programs for their employees, corporate wellness program employment will continue to rise increasing the need for workers in these areas.

Program Outcomes

1. Graduates will provide application of Fitness Coaching techniques to positively contribute to the well-being of the client in a safe and skillful manner.
2. Graduates will be prepared to take a national exam for Certification in Personal Training/Fitness Coaching.
3. Graduates will be prepared to take the National Academy of Sports Medicine (NASM) exam for Corrective Exercise Specialist (CES).
4. Graduates may obtain membership with the National Association of Nutrition Professionals (NANP).
5. Graduates will be prepared to perform Health & Wellness Coaching Services.
6. Graduates will be prepared to take the American Council on Exercise (ACE) exam for Health Coach Certification.

Licensing or certification exams are independent of graduation requirements.

Program Faculty

Jeremy Sartain
jeremy.sartain@saintpaul.edu

Day and Evening Classes

Classes may be offered day and evening.

Textbook and Supply Costs

Students should expect to spend approximately \$1,000.00 for books and supplies. This cost is in addition to tuition and fees.

Program Requirements

- Check off when completed
- All technical courses (HLTH) must be successfully completed with a grade of "C" or better.

| Course | Cr |
|---|-----------|
| <input type="checkbox"/> HLTH 1418 Somatic Practitioner: Business & Ethics | 2 |
| <input type="checkbox"/> HLTH 1421 Anatomy & Physiology for the Somatic Practitioner | 4 |
| <input type="checkbox"/> HLTH 1422 Health and Wellness Coaching | 4 |
| <input type="checkbox"/> HLTH 1425 Clinical Applications in Kinesiology | 3 |
| <input type="checkbox"/> HLTH 1465 Functional Holistic Nutrition | 4 |
| <input type="checkbox"/> HLTH 1485 Therapeutic Exercise | 5 |
| <input type="checkbox"/> HLTH 1610 Sport and exercise Coaching | 5 |
| <input type="checkbox"/> HLTH 1620 Advanced Concepts in Training | 5 |
| <input type="checkbox"/> HLTH 1630 Functional Exercise Physiology | 3 |
| <input type="checkbox"/> HLTH 1690 Sport and exercise Sciences Internship | 5 |
| <input type="checkbox"/> HLTH 1900 Pathology for the Somatic Practitioner | 4 |
| Subtotal | 44 |

| General Education/MnTC Requirements | Cr |
|--|----------|
| <input type="checkbox"/> Goal 1: COMM 17XX | 3 |
| <input type="checkbox"/> Goals 1-10: Minnesota Transfer Curriculum PSYC 1750 Introduction to Health Psychology (recommended) | 3 |
| General Education Requirements | 6 |

Total Program Credits 50

Program Start Dates

Fall, Spring, Summer

Course Sequence

For part-time or customized course sequence contact Jeremy Sartain at 651.846.1619 or email jeremy.sartain@saintpaul.edu. Not all courses are offered each semester; a selection of courses is offered summer term. Students should consult with the Program Faculty each semester.

First Semester

| | |
|--|-----------|
| HLTH 1418 Somatic Practitioner: Business & Ethics | 2 |
| HLTH 1421 Anatomy & Physiology for the Somatic Practitioner | 4 |
| HLTH 1422 Health and Wellness Coaching | 4 |
| HLTH 1610 Sport and Exercise Coaching | 5 |
| Total Semester Credits | 15 |

Second Semester

| | |
|--|-----------|
| HLTH 1425 Clinical Applications in Kinesiology | 3 |
| HLTH 1485 Therapeutic Exercise | 5 |
| HLTH 1620 Advanced Concepts in Training | 5 |
| Goal 1: COMM 17XX | 3 |
| Total Semester Credits | 16 |

Third Semester

| | |
|--|-----------|
| HLTH 1465 Functional Holistic Nutrition | 4 |
| HLTH 1630 Functional Exercise Physiology | 3 |
| HLTH 1690 Sport and Exercise Sciences Internship | 5 |
| HLTH 1900 Pathology for the Somatic Practitioner | 4 |
| Goal 5: PSYC 1750 Introduction to Health Psychology (recommended) | 3 |
| Total Semester Credits | 19 |

Total Program Credits 50

Minimum Program Entry Requirements

Students entering this program must meet the following minimum program entry requirements:

Reading: Score of 250+ or grade of "C" or better in READ 0722 or READ 0724 or EAPP 0900

Arithmetic: Score of 200+

Assessment Results and Prerequisites:

Students admitted into Saint Paul College programs may need to complete additional courses based on assessment results and course prerequisite requirements. Certain MATH, READ, and ENGL courses have additional prerequisites.

Degree option may have a greater requirement than this certificate.

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*Information is subject to change.
This Program Requirements Guide is not a contract.*