

EXERCISE SCIENCE AND WELLNESS

STRENGTH COACH CERTIFICATION

Overview

The Strength Coach Certification Microcredential will allow students to pursue a certification in the fitness field. Students would have a certification as a Strength Coach, allowing employment in the fitness field to be highly attainable.

Students who successfully complete this Microcredential will be able to:

- Effectively demonstrate a variety of exercises and teach safe and correct use of exercise equipment and other health related apparatus to individuals of all ages and fitness levels;
- Effectively design, implement, supervise and evaluate exercise prescriptions and exercise programs in accordance with individuals' needs, goals, and assessment date results;
- Effectively educate, motivate, and/or communicate with individuals to influence healthy lifestyle behavior modifications which include the dimensions of wellness, occupational wellness, and stress management;
- Perform safe, ethical and legal practices in a variety of health and fitness related settings within the scope of practice.

Requirements

For requirements, see Program Map.

Program Map

Required Courses		Course Hours Per Week		Semester Hours
		Class	Lab	Credit
PED-202	FITNESS TRAINING PRACTICUM	2	3	3
BIO-122	NUTRITION	3	0	3
ESW-205	STRENGTH COACH CERTIFICATION	3	0	3
Credit Hours		8	3	9
Total Required Minimum Semester Hours Credit				9

Because a Microcredential is comprised of short course sequences, requirements for a Microcredential are to be completed at DCC. Any exception to this would require departmental approval in order to transfer in credits.

No more than 50% of credits may be accepted in transfer.*

A digital badge will be awarded to students who complete the required coursework and earn a 2.0 or higher in each course.

If the Microcredential contains a certification exam, a successful score on that exam is also required for the award of the Microcredential.

*Certain courses may be required to be taken at DCC; check your specific program for these exceptions.

This microcredential can be stacked into:

Exercise Science & Wellness, A.S.

Contact Information

Program Chair:
[Tara Flagler-Sweet](#)