

Exercise Science and Sport Studies

Certificate in Group Fitness Leadership

Program Description

The Group Fitness Leadership certificate program is composed of four concentration courses from the M.S. in Exercise Science and Health Promotion: Group Fitness Leadership program.

Program Coordinator

Dr. Barry E. McGlumphy

Delivery Mode

Global Online (100% online delivery)

Curriculum

Course	Credits
PRF 717 Strength and HIIT in Group Fitness Exercise	3
PRF 757 Cardiovascular and Flexibility Training in Group Fitness Exercise	3
PRF 787 Key Concepts in Group Fitness Exercise	3
PRF 800 Research in Fitness and Wellness	3
Total	12