

# KINESIOLOGY, HEALTH & NUTRITION

The Kinesiology, Health and Nutrition Department offers courses for transfer or to fulfill general education requirements. The department also offers a variety of certificates to prepare students for employment in the health and wellness industry.

For more information, go to  
[miracosta.edu/kine](http://miracosta.edu/kine)  
[miracosta.edu/heal](http://miracosta.edu/heal)  
[miracosta.edu/nutrition](http://miracosta.edu/nutrition)  
[miracosta.edu/yoga](http://miracosta.edu/yoga)  
[miracosta.edu/massage](http://miracosta.edu/massage)



*"The Kinesiology, Health and Nutrition program gave me the knowledge to find a career that I am passionate for and become an expert in the field of personal training."*

*The staff is very knowledgeable and have a true passion for helping those in need.*  
**—Garrett Schultz, MiraCosta College KHAN student**



## MIRACOSTA COLLEGE

Kinesiology, Health & Nutrition Programs  
[miracosta.edu/heal](http://miracosta.edu/heal)  
[miracosta.edu/kine](http://miracosta.edu/kine)  
[miracosta.edu/massage](http://miracosta.edu/massage)  
[miracosta.edu/nutrition](http://miracosta.edu/nutrition)  
[miracosta.edu/yoga](http://miracosta.edu/yoga)

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## PERSONAL FITNESS TRAINER PROGRAM

The Personal Fitness Trainer Certificate is designed for individuals interested in entering the field of fitness training and/or instruction. The program is designed to prepare students to be entry-level fitness instructors and personal trainers. Upon completion of the certificate program, students may consider sitting for the National Academy of Sports Medicine (NASM), American College of Sports Medicine (ACSM), American Council on Exercise (ACE), National Strength & Conditioning Association (NSCA), and National Council Strength & Fitness (NCSF) national certification exams.

### Certificate of Achievement

**Personal Fitness Trainer** **22.5-25 units**

For more information about this certificate, please consult the MiraCosta College catalog at [catalog.miracosta.edu/disciplines/kinesiology](http://catalog.miracosta.edu/disciplines/kinesiology).

## MASSAGE THERAPY PROGRAM

The Massage Therapy certificates satisfy the California Massage Therapy Council (CAMTC) and National Certification Board for Therapeutic Massage & Bodywork (NCTMB) requirements to be certified as a Massage Therapist. Based upon the medical model, the program requires knowledge of anatomy, physiology, kinesiology, pathology, massage and bodywork assessment, theory and application, including in-class and supervised practice, and business and ethics. Graduates of the program will be prepared to take the Massage and Bodywork Licensing Exam (MBLEX) to receive CAMTC certification. Graduates seek employment in health and wellness centers, spas, rehab clinics, private practice and more.

### Certificate of Achievement

**Massage Therapist (500 Hours)** **24 units**  
**Holistic Health Practitioner (1,000 Hours)** **45 units**

For more information about these certificates, please consult the MiraCosta College catalog at [catalog.miracosta.edu/disciplines/healtheducation](http://catalog.miracosta.edu/disciplines/healtheducation).

## FITNESS NUTRITION SPECIALIST

The Fitness Nutrition Certificate provides the knowledge, skills, and abilities to successfully work with clients and athletes seeking basic nutritional guidance and to fight the battle against global obesity. It is designed for students currently working on or holding the Personal Fitness Trainer Certificate of Achievement. Upon completion of the certificate program, students may consider sitting for the National Academy of Sports Medicine (NASM) Fitness Nutrition Specialist exam, the American Council on Exercise (ACE) Lifestyle & Weight Management Coach exam, and/or the International Fitness Professionals Association (IFPA) Sports Nutrition Specialist exam.

### Certificate of Proficiency

**Fitness Nutrition Specialist** **12 Units**

For more information about this certificate, please consult the MiraCosta College catalog at [catalog.miracosta.edu/disciplines/nutrition](http://catalog.miracosta.edu/disciplines/nutrition).

## YOGA INSTRUCTOR PROGRAM

The Yoga Instructor 200-hour certificate prepares students to meet the requirements for Yoga Alliance to become a 200-hour registered yoga teacher (RYT) with Yoga Alliance. The Yoga Instructor 300-hour certificate prepares students to meet the requirements to become a 500-hour registered yoga teacher (RYT) with Yoga Alliance. This comprehensive and wisdom-based program uses anatomy and physiology as well as English and Sanskrit terminology to provide students with both a broad background and practical experience in the essential elements of yoga. Completion of the program prepares students for employment in health clubs, spas, yoga studios, hospitals, and the health industry as well as for self-employment as yoga instructors.

### Certificate of Proficiency

**Yoga Instructor (200 Hours)** **7 Units**

### Certificate of Achievement

**Yoga Instructor (300 Hours)** **12-14 units**

For more information about this certificate, please consult the MiraCosta College catalog at [catalog.miracosta.edu/disciplines/kinesiology](http://catalog.miracosta.edu/disciplines/kinesiology).

## KINESIOLOGY, HEALTH & NUTRITION ASSOCIATES DEGREE

MiraCosta College's Kinesiology, Health and Nutrition Department offer the following associate degree:

### Associates Degree: Liberal Arts with an Area of Emphasis in Applied Health, Nutrition & Kinesiology

The integrated pattern of courses are focused on the theoretical and applied aspects of kinesiology, health and nutrition. These courses can assist students in developing an understanding of the theories and concepts related to healthful living strategies and provide a foundation for entry into allied health careers. Students transferring to a four year university may choose courses that will provide a basic foundation for further university study in areas such as kinesiology, nutrition, nursing, and the health sciences. Potential career paths include the fields of food science, dietetics and nutrition, education, community health education, athletic training, physical therapy, and medical technicians. Students are advised to meet with a counselor to select courses that are most appropriate to their educational goal.

For more information about this degree, please consult the MiraCosta College catalog at [catalog.miracosta.edu/disciplines/addendumhealthnutritionkinesiology](http://catalog.miracosta.edu/disciplines/addendumhealthnutritionkinesiology).

Students looking to earn a certificate or degree in one of these programs should make an appointment with the Counseling Department at 760.795.6670.



Registered Yoga School

