

Health & Related Sciences Pathway

Los Angeles Trade-Technical College
400 W. Washington Blvd.
Los Angeles, CA 90015

Senior Exercise Leader, Land & Aquatics Programming Certificate

Program Overview

The Senior Exercise Leader Program is designed to prepare students for employment in the Senior Care, Fitness, and Recreational Therapy industries. Preparation is included for leading seniors in land and water-based activities that might occur in a home, recreation, or structured care facility.

Career opportunities for students completing this program of study include, but are not limited to:

- Home care aid, home attendant, care giver
- Personal care attendant, resident care assistant, patient care assistant
- Recreation workers, activity aids, activity assistant, program assistant
- Recreation therapist assistant, activity coordinator, activities director, recreation specialist

Senior Exercise Leader, Land & Aquatics Programming Certificate

■ Certificate of Achievement Required

Units: 16.5 Units

A Certificate of Achievement in *Senior Exercise Leader, Land & Aquatics Programming*, may be earned by completing 16.5 - 18.5 units of Required courses with a “C” or better in each course.

COURSE REQUIREMENTS

Semester I		UNITS
HLTHOCC 062	Skill Set for the Health Care Professional	2
HLTHOCC 063	Basic Medical Terminology, Pathophysiology and Pharmacology	2
HLTHOCC 064	Cultural and Legal Topics for Health Care Professionals	1
HLTHOCC 065	Fundamentals for the Health Care Professional	2.5

Semester II		UNITS
HEALTH 046	Basic Life Support CPR/AED for the Healthcare Provider	1
KIN MAJ 150	Senior Fitness Assessment, Strength & Conditioning Programming	3
KIN MAJ 151	Senior Fitness Exercise Leader	3
COOP ED 195	Work Experience – General I	1

ELECTIVE COURSES

		UNITS
KIN 047	Adapted Swimming and Hydroexercise	1
KIN 303-1	Aqua Aerobics I	1
KIN MAJ 134	Advanced Lifesaving	2
KIN MAJ 135	Water Safety Instruction	3