

# Where Education Meets Fitness

*"As a San Mateo Athletic Club member, I loved taking the SPIN® classes. I approached the Group Exercise Coordinator about getting certified and was directed towards the SPINNING® Certification program they hosted. I enrolled and completed my certification.*



*After learning about College of San Mateo's Pilates Instructor Certification Program, I enrolled and completed my certification. Subsequently, I auditioned for and was hired to teach group exercise classes at San Mateo Athletic Club. It's been an awesome and life-changing experience!" – Sybille Draper*



*"The Yoga Teacher Training certification program at CSM opened my mind, my heart, and a doorway to a future career. Having the YTT program on the CSM campus was a blessing because of the link to the San Mateo Athletic Club. YTT connected its students directly to hiring managers at SMAC. I am now interning with SMAC as a yoga teacher and have been hired as a personal trainer." – Jess Woo, CSM Yoga Teacher Training Graduate*

College of San Mateo

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**SAN MATEO**  
ATHLETIC CLUB  
AT  
COLLEGE OF SAN MATEO

San Mateo Athletic Club  
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Health & Wellness Building 5  
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collegeofsanmateo.edu/smac

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# College of San Mateo & San Mateo Athletic Club



Where Education Meets Fitness

# College of San Mateo

# SAN MATEO ATHLETIC CLUB

## Where Education Meets Fitness

College of San Mateo (CSM) and San Mateo Athletic Club (SMAC) work in partnership to offer fitness certifications and continuing education credits for careers in fitness. CSM's kinesiology program's offerings are designed to enable first-time students or those seeking re-training to earn degrees or certificates that build the foundation for a career in the fitness industry. If you already work in the fitness industry, through SMAC you can earn continuing education credits (CEC's) required to maintain certification in personal fitness training, yoga, Pilates, or group exercise. Together we offer the education you need to develop and support a rewarding career in fitness!

## Kinesiology Program at CSM

CSM offers an associate degree for transfer (AA-T) in kinesiology and certificate programs designed to prepare students for careers in the health and fitness industry. Completion of an AA-T in kinesiology provides students with guaranteed admission into the California State University (CSU) system and provides priority status to those applying to a program similar to the student's community college major. For a complete listing of kinesiology degrees and certificates, visit [collegeofsanmateo.edu/kinesiology](http://collegeofsanmateo.edu/kinesiology).

## Certificate Programs at CSM

Many of these certificates can be completed with one course or during a 16-week semester. These certificate programs prepare students for employment at public and private fitness centers, athletic venues and sport-specific training centers, resorts, hotels, cruise lines, college recreation centers, spa and rejuvenation centers, and corporate-based wellness centers. Additional information about these programs can be found at [collegeofsanmateo.edu/fitnesspro](http://collegeofsanmateo.edu/fitnesspro).

- **Personal Training Certification Program:** This program prepares students to take the National Council on Strength and Fitness (NCSF) exam.
- **Yoga Teacher Training Program:** This certificate program is intended to fulfill the requirements of the Yoga Alliance 200-Hour Yoga Teacher Training. Yoga Alliance is the nationally recognized organization that regulates yoga teaching standards, and students who complete their training at CSM may register online with Yoga Alliance. The Yoga Instructor Certificate enables instructors to teach Level I and Level II Hatha Yoga to groups and individuals.
- **Pilates Instructor Certificate Program:** Students may choose from the following Pilates certificates.
  - o Pilates Mat Instructor
  - o Pilates Mat and Reformer Instructor
  - o Comprehensive Pilates Instructor
  - o Specialized Pilates Instructor
- **Coming Soon! Group Exercise Instructor Certification Program:** The Group Exercise Instructor Certificate Program will prepare students to take the Group Exercise Certification exam through the American Council on Exercise (ACE). The Group Exercise Certification Program will include instruction in the technique, pedagogy, anatomy, theory, and practice of group exercise. This certificate program will cover topics tested on the ACE Group Fitness Instructor exam.

## What is San Mateo Athletic Club?

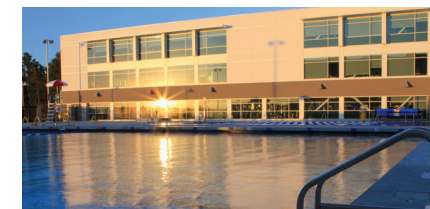
San Mateo Athletic Club (SMAC) is a teaching health club that is located on the College of San Mateo campus and is open to the public. The mission of the San Mateo Athletic Club is to create a healthy environment for College of San Mateo students, faculty, staff, and community members, who share the facility as an active classroom as well as a fitness club in the pursuit of health and physical fitness.

## Continuing Education Credits and Certifications at SMAC

SMAC offers clinics and workshops taught by master trainers. Students (or club members) can earn continuing education credits (CEC's) required to maintain certification in personal fitness with courses offered quarterly in personal training, yoga, Pilates, or group exercise. SMAC also offers opportunities for students to become certified as a group cycling/Spinning® instructor and as a lifeguard. For additional information, visit [collegeofsanmateo.edu/smac](http://collegeofsanmateo.edu/smac).

## Internship Program at SMAC

CSM kinesiology students are eligible to train with SMAC's team of award-winning professionals, who staff and manage corporate and community fitness centers and promote world-class health and wellness solutions.



The staff at SMAC serve as models for qualified undergraduate and graduate students seeking careers in the fitness, health, and wellness industries. Interns receive training in fitness-facility management and fitness- and health-promotion programs, both on site and online. If you want to make a difference in the lives of others and are committed to living fit and in good health, an internship with San Mateo Athletic Club may be the right fit for you!

### CSM Kinesiology

### SMAC Continuing Education Credits

Personal Training Certificate	→	Personal Training CEC
Yoga Certificate	→	Yoga CEC
Group Exercise Certificate*	→	Group Exercise CEC
Pilates Certificate	→	Pilates CEC

\*Coming Soon!

Many CSM students continue on to intern, work, and/or earn CEC's at SMAC, while many SMAC members take CSM kinesiology courses to expand their fitness knowledge and access new employment opportunities.