**International Kingdom University-U.S.A.**

CEO/Founder/President

Professor Yvonne B. Bentley, Ph.D.S.

Department of Health, Wellness & Personal Fitness

By Lecturers Prince Bentley, Andrea Caesar & Jenesis Caesar

District of Florida & Vegas

**Associate Degree:** Students must order their own books: Fitness Professional Handbook 7th Edition

IPF-100: Introduction to Personal Fitness

IWE-102: Introduction to Wellness

IHE- 103: Introduction to Health Education

STA:-104: Strength Training Anatomy

MME: 105: Muscle Mechanics

**Bachelor Degree:**

SST: 200: Serious Strength Training

CEI: 201: Consequence of exercise induced activity & rhabdomyolyses

EEE: 202: Estimate Energy Experience

TFE: 203: Technology & Fitness

USE: 204: Update Statistics on CVD and CHD and American Heart Association

ACO: 205: Adult & Children Obesity, and the prevalence of COPP, asthma bronchitis and emphysema

**Master Degree:**

ENP: 300: Exercise & Nutrition for Preventing Diseases

FFP: 301: Foundations of Fitness Programming Overview

DPF: 302: Developing Personal Fitness Workout Program

IFF: 303: Implementing the Foundations of Fitness Programming

FFP: 304: Foundations of Fitness Programming Instructions & Application

MMP:305: Mobility, Movement Preparation, and Flexibility Training

**Doctorate Degree:**

PDB: 400: Program Design Basic Procedures

RNP: 401: Research of Nutrition and Personal Training

CTE: 402: Cardiovascular & Respiratory Training

APF: 403: Anatomy and Physiology of Fitness

CTE: 404: Core Training/Cross Training

ADE: 405: Ebling the Disabled

**Articles and Thesis Statements**

ICA: 500: Initial & Consultation & Assessment

SEE: 501: Self Evaluation

PEE: 502: Program Evaluation

RKE: 503: Research in Kinesiology

RSB: 504: Research in Social Behavior

ESF: 505: Economic Strategy for Fitness

Certificate Programs

Trend Certificates

Group Fitness & Bootcamp

Health & Wellness Coach

Senior Fitness

Cycling

Pilates

Yoga

Sports Nutrition

Functional Fitness

HIIT

Aerobic Training

Advance Certificates

Master Personal Trainer

Master Wellness Coach

Master Group Fitness

Advance Personal Fitness

Advance Wellness Coach

Advance Group Fitness

Advanced Water Aerobics

Advanced Cycling

Advanced Senior Fitness

Advance Pilates

Advanced Yoga

Advanced Sports Nutrition