



HEALTH AND FITNESS SCIENCE
A.A.S. DEGREE
Program Planning Guide

2025FA A45630

CURRICULUM BY SEMESTER						
Course Number and Title			HOURS PER WEEK		WorkCredit	
			Class	Lab		
First Fall Semester						
ACA	115	Success and Study Skills	1	0	0	1
HFS	110	Exercise Science	4	0	0	4
HFS	111	Fitness & Exer Testing	3	2	0	4
BIO	168	Anatomy and Physiology I	3	3	0	4
PED	117	Weight Training I	0	3	0	1
Subtotal			11	8	0	14
First Spring Semester						
BIO	169	Anatomy and Physiology II	3	3	0	4
ENG	111	Expository Writing	3	0	0	3
HFS	116	Pvnt & Care Exer Injuries	2	2	0	3
HFS	120	Group Exer Instruction	2	2	0	3
PED	113	Aerobics I	0	3	0	1
Subtotal			10	10	0	14
→Eligible to sit for ACSM Group Exercise Instructor Certification Exam←						
Summer Session						
PSY	150	General Psychology	3	0	0	3
COM	120	Intro Interpersonal Com	3	0	0	3
OR						
COM	231	Public Speaking	3	0	0	3
Subtotal			6	0	0	6
Second Fall Semester						
PED	118	Weight Training II	0	3	0	1
HFS	210	Personal Training	2	2	0	3
HFS	118	Fitness and Facility Management	4	0	0	4
HEA	112	First Aid & CPR	1	2	0	2
HUM	115	Critical Thinking	3	0	0	3
MAT	143	Quantitative Literacy	2	2	0	3
OR						
MAT	171	Precalculus Algebra	3	2	0	4
Subtotal			12-13	10	0	16-17
→You will take the NASM-Certified Personal Trainer Certification Exam in HFS-210←						
Second Spring Semester						
HFS	212	Exercise Programming	2	2	0	3
HFS	218	Lifestyle Chng & Wellness	3	2	0	4
WBL	111RE	Work-Based Learning I**	0	0	10	1
BIO	155	Nutrition	3	0	0	3
PED	111	Physical Fit I	0	3	0	1
OTHER MAJOR HOURS (Choose from Pick List as Needed)			0	0	0	3
Subtotal			8	7	10	15
TOTAL GRADUATION REQUIREMENT			65 – 66 SEMESTER CREDIT HOURS			

****WBL111:** The semester prior to WBL consideration, students must complete application and meet with their faculty program advisor to obtain approval before registering for course. See link below for more information.

<http://www.waketech.edu/about-wake-tech/careers-employment/careers/current-students-alumni/work-based-learning/students/appl>

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Date Revised: 01/11/2016; 4/1/2016, 3/21/2017, 5/2/2019, 9/6/24

Program of Study Approval Date: 12/18/15, 2/23/2017, 2/4/25

Prior Revisions: June '13, May '14, June '15; 4/1/2016, 3/21/2017

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OTHER MAJOR HOURS PICK LIST: Pick a MINIMUM of 3 credit hours from the following courses:

COURSE	CLASS	LAB	WORK	CREDIT	COURSE	CLASS	LAB	WORK	CREDIT
BIO 110	3	3	0	4	HEA 110	3	0	0	3
PED 110	1	2	0	2	BUS 139	3	0	0	3
PED 122	0	2	0	1	PED 217	0	2	0	1
PED 119	0	2	0	1	PED 186	0	2	0	1
PED 121	0	2	0	1	PED 128	0	2	0	1
PED 130	0	2	0	1	PED 143	0	2	0	1
PED 145	0	2	0	1	PED 157	0	2	0	1

Health and Fitness Science (A45630)

The Health and Fitness Science program is designed to provide students with the knowledge and skills necessary for employment in the fitness and exercise industry. Students will be trained in exercise science and be able to administer basic fitness tests, health risk appraisals, teach specific exercise and fitness classes and provide instruction in the proper use of exercise equipment and facilities.

Graduates should qualify for employment opportunities in commercial fitness clubs, YMCA's/YWCA's, wellness programs in business and industry, Parks & Recreation Departments and other organizations implementing exercise & fitness programs.

We are proud of our reputation in the community for preparing highly skilled exercise professionals. The Associates degree of Health and Fitness Science is accredited by the Commission on Accreditation of Allied Health Education Programs (www.caahep.org) upon the recommendation of The American College of Sports Medicine.

Commission on Accreditation of Allied Health Education Programs
25400 US Highway 19 North, Suite 158
Clearwater, FL 33763
727-210-2350
www.caahep.org

For more information on Wake Tech's Health and Fitness Science Program

New Students: See an Admissions Information Specialist on Wake Tech's Health Sciences Campus
Enrolled Program Students: See your Faculty Advisor

Bureau of Labor Statistics, U.S. Department of Labor

Occupational Outlook Handbook, 2016-17 Edition, Fitness Trainers and Instructors,

[Fitness Trainers and Instructors : Occupational Outlook Handbook: : U.S. Bureau of Labor Statistics \(bls.gov\)](https://www.bls.gov/occupational-outlook-handbook/)

Quick Facts: Fitness Trainers and Instructors	
2023 Median Pay	\$46,480 per year \$22.35 per hour
Number of Jobs, 2023	350,100 US 6,670 NC
Job Outlook, 2023-33	14% (Faster than average)
Employment Change, 2023-33	47,500

Certification Employers prefer to hire fitness trainers and instructors who are certified. Most personal trainers are required to be certified before working with clients or with members of a gym. Students are strongly encouraged, upon completion of the AAS degree, to sit for the certified personal training exam.

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