



HEALTH AND FITNESS SCIENCE CERTIFICATE
PROGRAM PLANNING GUIDE

CURRICULUM BY SEMESTER

Health and Fitness Science Certificate (C45630)

REQUIRED COURSES:

**HOURS PER
WEEK**

First Semester

HFS 110 Exercise Science
HFS 111 Fitness & Exercise Testing
PED 110 Fit and Well for Life

<u>Class</u>	<u>Lab</u>	<u>Work</u>	<u>Credit</u>
4	0	0	4
3	2	0	4
1	2	0	2
8	4	0	10

Second Semester

HFS 210 Personal Training **OR**
*HFS 120 Group Exercise Instruction**
HFS 212 Exercise Programming

2	2	0	3
2	2	0	3
4	4	0	6

Total: 12 8 0 **16**

TOTAL GRADUATION REQUIREMENT: 16 SEMESTER CREDIT HOURS

Choose one of the 2* starred courses depending on your preferred career focus:

- ***Personal Training: HFS 210***
- ***Group Exercise Instructor: HFS 120***

Students are encouraged to meet with a Health and Fitness Science Department faculty advisor before registering for courses in the Health and Fitness Science Certificate.