

HEALTH AND FITNESS SCIENCE CERTIFICATE**PROGRAM PLANNING GUIDE****CURRICULUM BY SEMESTER****Health and Fitness Science Certificate (C45630)****REQUIRED COURSES:**

<u>Course Number and Title</u>		<u>HOURS PER WEEK</u>			<u>Credit</u>
		<u>Class</u>	<u>Lab</u>	<u>Work</u>	
First Semester					
HFS 110	Exercise Science	4	0	0	4
HFS 111	Fitness & Exercise Testing	3	2	0	4
PED 110	Fit and Well for Life	1	2	0	2
Second Semester					
<i>HFS 210</i>	<i>Personal Training*</i>	2	2	0	3
	<i>OR</i>				
<i>HFS 120</i>	<i>Group Exercise Instruction*</i>	2	2	0	3
HFS 212	Exercise Programming	2	2	0	3
Subtotal		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.

This program planning guide is for advising purposes and is subject to change. Only the Registrar can clear students for graduation.

Date Revised: September 9, 2016

Program of Study Approval Date:

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