

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

2016FA A45630

CURRICULUM BY SEMESTER

<u>Course Number and Title</u>	<u>HOURS PER WEEK</u>			<u>Credit</u>
	<u>Class</u>	<u>Lab</u>	<u>Work</u>	
First Fall Semester				
ACA 111 College Student Success	1	0	0	1
ENG 111 Expository Writing	3	0	0	3
PSF 110 Exercise Science	4	0	0	4
BIO 168 Anatomy and Physiology I	3	3	0	4
PED 117 Weight Training I	0	3	0	1
Subtotal	11	6	0	13
<i>* Other Major Hours (Choose from Pick List As Needed)</i>				

First Spring Semester				
BIO 169 Anatomy and Physiology II	3	3	0	4
PSF 111 Fitness & Exer Testing	3	2	0	4
PSF 116 Pvnt & Care Exer Injuries	2	2	0	3
PSF 120 Group Exer Instruction	2	2	0	3
PED 113 Aerobics I	0	3	0	1
Subtotal	10	12	0	15
<i>* Other Major Hours (Choose from Pick List As Needed)</i>				

à Eligible to sit for ACSM Group Exercise Instructor Certification Examβ

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
<i>* Other Major Hours (Choose from Pick List As Needed)</i>				

Second Fall Semester				
PED 118 Weight Training II	0	3	0	1
PSF 210 Personal Training	2	3	0	3
PSF 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
<i>* Other Major Hours (Choose from Pick List As Needed)</i>				

à Eligible to sit for ACSM Personal Trainer Certification Examβ

Second Spring Semester				
PSF 212 Exercise Programming	2	2	0	3
PSF 218 Lifestyle Chng & Wellness	3	2	0	4
WBL 111 Work-Based Learning I**	0	0	10	1
BIO 155 Nutrition	3	0	0	3
PED 111 Physical Fit I	0	3	0	1
Subtotal	8	7	10	12
<i>* Other Major Hours (Choose from Pick List As Needed)</i>				

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/app/>

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Date Revised: 01/11/2016

Program of Study Approval Date: 12/18/15

Prior Revisions: June '13, May '14, June '15

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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	PED 130	0	2	0	1
PED 110	1	2	0	2	PED 217	0	2	0	1
PED 119	0	3	0	1	HEA 110	3	0	0	3
PED 121	0	3	0	1	BUS 139	3	0	0	3
PED 122	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 and 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.

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

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

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

Occupational Outlook Handbook, 2012-13 Edition, Fitness Trainers and Instructors,

<http://www.bls.gov/ooh/personal-care-and-service/fitness-trainers-and-instructors.htm> (visited June 17, 2013)

Quick Facts: Fitness Trainers and Instructors	
2014 Median Pay	\$34,980 per year \$16.82 per hour
Number of Jobs, 2014	279,100 US 6,670 NC
Job Outlook, 2014-24	8% (Faster than average)
Employment Change, 2014-24	23,400

What Fitness Trainers and Instructors Do Fitness trainers and instructors lead, instruct, and motivate individuals or groups in exercise activities, including cardiovascular exercise (exercises for the heart and blood system), strength training, and stretching. They work with people of all ages and skill levels.

Work Environment Fitness trainers and instructors work in health clubs, country clubs, fitness or recreation centers, gyms, hospitals, universities, yoga and Pilates studios, resorts, and clients' homes.

Job Outlook Employment of fitness trainers and instructors is expected to grow by 24 percent from 2010 to 2020, faster than the average for all occupations. As businesses and insurance organizations continue to recognize the benefits of health and fitness programs for their employees, incentives to join gyms or other fitness facilities will increase the need for workers in these areas.

Certification Employers prefer to hire certified fitness trainers and instructors. Personal trainers are often required to be certified to begin working with clients or with members of a gym or other type of health club.

Education An increasing number of employers require fitness workers to have an associate's or bachelor's degree related to a health or fitness field, such as exercise science, kinesiology, or physical education. Programs often include courses in nutrition, exercise techniques, and group fitness.

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