

## HEALTH AND FITNESS SCIENCE

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.

### HEALTH AND FITNESS SCIENCE - A45630

#### First Fall Semester

ACA 111 College Student Success.....	1
ENG 111 Writing and Inquiry.....	3
HFS 110 Exercise Science.....	4
BIO 168 Anatomy and Physiology I.....	4
PED 117 Weight Training I.....	1

*\* Other Major Hours (Choose from Pick List As Needed)*

#### First Spring Semester

BIO 169 Anatomy and Physiology II.....	4
HFS 111 Fitness and Exer Testing I.....	4
HFS 116 Pvnt & Care Exer Injuries.....	3
HFS 120 Group Exer Instruction.....	3
PED 113 Aerobics I.....	1

*\* Other Major Hours (Choose from Pick List As Needed)*

#### \*\* Eligible to sit for ACSM Group Exercise Instructor Certification Exam

#### Summer Session

PSY 150 General Psychology.....	3
COM 120 Intro to Interpersonal Communication.....	3

#### OR

COM 231 Public Speaking.....	3
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*\* Other Major Hours (Choose from Pick List As Needed)*

#### Second Fall Semester

PED 118 Weight Training II.....	1
HFS 210 Personal Training.....	3
HFS 118 Fitness Facility Management .....	4
HEA 112 First Aid & CPR.....	2
HUM 115 Critical Thinking.....	3
MAT 143 Quantitative Literacy.....	3

#### OR

MAT 171 Precalculus Algebra .....	4
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*\* Other Major Hours (Choose from Pick List As Needed)*

#### \*\*Eligible to sit for ACSM Personal Trainer Certification Exam

#### Second Spring Semester

HFS 212 Exercise Programming.....	3
HFS 218 Lifestyle Chang & Wellness .....	4
WBL 111 Work Based Learning.....	1
BIO 155 Nutrition.....	3
PED 111 Physical Fitness I .....	1

*\* Other Major Hours (Choose from Pick List As Needed)*

#### \*Other Major Hours

BIO 110 Principles of Biology.....	4
PED 110 Fit and Well for Life.....	2
PED 119 Circuit Training.....	1
PED 121 Walk, Jog, Run.....	1
PED 122 Yoga I.....	1
PED 130 Tennis-Beginning.....	1
PED 217 Pilates I.....	1
HEA 110 Personal Health/Wellness.....	3
BUS 139 Entrepreneurship I .....	3

**Graduation Requirements .....68-70 Credit Hours**

### Health and Fitness Science Certificate-C45630

#### Major Courses

HFS 110 Exercise Science.....	4
HFS 111 Fitness & Exercise Testing.....	4
PED 110 Fit and Well for Life.....	2
HFS 210 Personal Training* .....	3

#### OR

HFS 120 Group Exercise Instruction* .....	3
HFS 212 Exercise Programming.....	3

**Graduation Requirements .....16 Credit Hours**

**\*\*You must receive a "C" or better in ALL curriculum courses.**