

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

2017FA A45630

**CURRICULUM BY SEMESTER**

<b>Course Number and Title</b>			<b>HOURS PER WEEK</b>		<b>Work</b>	<b>Credit</b>
			<b>Class</b>	<b>Lab</b>		
<b>First Fall Semester</b>						
ACA	111	College Student Success	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	<b>14</b>
<b>First Spring Semester</b>						
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	<b>14</b>
<b>à Eligible to sit for ACSM Group Exercise Instructor Certification Examβ</b>						
<b>Summer Session</b>						
PSY	150	General Psychology	3	0	0	3
COM	120	Intro Interpersonal Com	3	0	0	3
<b>OR</b>						
COM	231	Public Speaking	3	0	0	3
Subtotal			6	0	0	<b>6</b>
<b>Second Fall Semester</b>						
PED	118	Weight Training II	0	3	0	1
HFS	210	Personal Training	2	3	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
<b>OR</b>						
MAT	171	Precalculus Algebra	3	2	0	4
Subtotal			12-13	10	0	<b>16-17</b>
<b>à Eligible to sit for ACSM Personal Trainer Certification Examβ</b>						
<b>Second Spring Semester</b>						
HFS	212	Exercise Programming	2	2	0	3
HFS	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
OTHER MAJOR HOURS (Choose from Pick List as Needed)			0	0	0	3
Subtotal			8	7	10	<b>15</b>
<b>TOTAL GRADUATION REQUIREMENT</b>			<b>65 – 66 SEMESTER CREDIT HOURS</b>			

**\*\*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; 4/1/2016, 3/21/2017

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

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
<b>BIO 110</b>	3	3	0	4	<b>HEA 110</b>	3	0	0	3
<b>PED 110</b>	1	2	0	2	<b>BUS 139</b>	3	0	0	3
<b>PED 122</b>	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, 2016-17 Edition, Fitness Trainers and Instructors,*  
<http://www.bls.gov/ooh/personal-care-and-service/fitness-trainers-and-instructors.htm> (visited March 21, 2017)

<b>Quick Facts: Fitness Trainers and Instructors</b>	
2016 Median Pay	\$36,160 per year \$17.39 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 held about 279,100 jobs in 2014. They work in facilities such as health clubs, fitness or recreation centers, gyms, and yoga and Pilates studios.

**Job Outlook** Employment of fitness trainers and instructors is projected to grow 8 percent from 2014 to 2024, about as fast as the average for all occupations. As businesses, government, and insurance organizations continue to recognize the benefits of health and fitness programs for their employees, incentives to join gyms or other types of health clubs are expected to increase the need for fitness trainers and instructors.

**Certification** Employers prefer to hire fitness trainers and instructors who are certified. Many personal trainers must be certified before they begin working with clients or with members of a gym or other type of health club.

**Education** Almost all trainers and instructors have at least a high school diploma before entering the occupation. An increasing number of employers are requiring fitness workers, particularly personal trainers, 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, biology, anatomy, and group fitness. Personal trainers also learn how to develop fitness programs for clients of all ages.

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