

HEALTH SCIENCES

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 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.

HEALTH AND FITNESS SCIENCE

- A45630

First Fall Semester

ACA 111	College Student Success	1
ENG 111	Writing and Inquiry	3
PSF 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
PSF 111	Fitness and Exer Testing I	4
PSF 116	Pvnt & Care Exer Injuries.....	3
PSF 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
PSF 210	Personal Training	3
PSF 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

PSF 212	Exercise Programming.....	3
PSF 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 Requirements68-70 Credit Hours

Health and Fitness Science Certificate -C45630

Major Courses

PSF 110	Exercise Science.....	4
PSF 111	Fitness & Exercise Testing	4
PSF 210	Personal Training*	3

OR

PSF 120	Group Exercise Instruction*	3
PSF 212	Exercise Programming.....	3
PED 110	Fit and Well for Life.....	2

Graduation Requirements 16 Credit Hours