

# PROGRAMS

## 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.

### Associate in Applied Science Degree Program

		Course Hours Per Week		Semester Hours
First Semester (Fall)		Class	Lab	Credit
ACA-115	Success & Study Skills	0	2	1
ENG-111	Writing and Inquiry	3	0	3
HFS-110	Exercise Science	4	0	4
HFS-111	Fitness & Exer Testing I	3	2	4
MED-120	Survey of Med Terminology	2	0	2
PED-117	Weight Training I	0	3	1
<b>Credit Hours</b>		<b>12</b>	<b>7</b>	<b>15</b>
Second Semester (Spring)				
BIO-155	Nutrition	3	0	3
ENG-114 or COM-231 or COM-120	Prof Research & Reporting or Public Speaking or Intro Interpersonal Com	3	0	3
HFS-116	Pvnt & Care Exer Injuries	2	2	3
HFS-118	Fitness Facility Mgmt	4	0	4
MAT***	MAT-143 or higher	2-3	2	3-4
PED-118	Weight Training II	0	3	1
<b>Credit Hours</b>		<b>14-15</b>	<b>7</b>	<b>17-18</b>
Third Semester (Summer)				
HEA-112	First Aid & CPR	1	2	2
PSY-150	General Psychology	3	0	3
***	Humanities/Fine Arts ELection	3	0	3
<b>Credit Hours</b>		<b>7</b>	<b>2</b>	<b>8</b>

		Course Hours Per Week		Semester Hours
<b>Fourth Semester (Fall)</b>				
BIO-168	Anatomy and Physiology I	3	3	4
BUS-139 or BUS-230 or BUS-137	Entrepreneurship I or Small Business Management or Principles of Management	3	0	3
HFS-212	Exercise Programming	2	2	3
HFS-218	Lifestyle Chng & Wellness	3	2	4
PED-113	Aerobics I	0	3	1
WBL-111	Work-Based Learning I	0	10	1
WBL-115	Work-Based Learning Seminar I	1	0	1
	<b>Credit Hours</b>	<b>12</b>	<b>20</b>	<b>17</b>
<b>Fifth Semester (Spring)</b>				
BIO-169	Anatomy and Physiology II	3	3	4
HFS-120	Group Exer Instruction	2	2	3
HFS-210	Personal Training	2	2	3
HFS-214	Health and Fitness Law	3	0	3
PED-122 or PED-217	Yoga I or Pilates I	0	2	1
WBL-121	Work-Based Learning II	0	10	1
	<b>Credit Hours</b>	<b>10</b>	<b>19</b>	<b>15</b>
Total Required Minimum Semester Hours Credit				72

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**Professor Shelby Basinger, Health and Fitness Science Coordinator**

109 Blue Hall

910.246.4961

[basingers@sandhills.edu](mailto:basingers@sandhills.edu)