

---

## CCP PROGRAMS

### CAREER TECHNICAL PATHWAY - HEALTH AND FITNESS SCIENCE

---

Career and College Promise provides a focused means for students to begin completion of college transfer credits or career training prior to their graduation from high school. Courses under Career and College Promise are offered to high school students with no charge for tuition.

Eligible high school students may earn:

- College credit, which is completely transferrable to all UNC System Institutions, as well as many private schools and out-of-state universities and colleges.
- College credit toward a credential, certificate or diploma in a technical career.
- Workforce Continuing Education credit toward an industry-recognized credential or certification.
- A high school diploma and two years of college credit in four to five years through cooperative innovative high schools (Hoke County students only).

Upon meeting eligibility requirements, students may enroll in a College Transfer pathway, a curriculum Career and Technical Education pathway, a Workforce Continuing Education pathway, or SandHoke Early College High School (Hoke County students only).

Students may be concurrently enrolled in two pathways as follows:

- Two career-technical pathways,
- Two Workforce Continuing Education pathways,
- One career-technical pathway and one Workforce Continuing Education pathway,
- One college transfer pathway (if eligible) and career technical pathway,
- One college transfer pathway (if eligible) and one Workforce Continuing Education pathway.

Students must maintain a 2.0 grade point average in college courses to participate in the program.

#### Career Technical Pathways

Students may earn college credits toward a credential, certificate or diploma in a technical career. Curriculum Career Technical Pathways take the form of certificates which may be completed while in high school. These pathways allow students to explore potential career areas. Courses may be offered on one of the SCC campuses, on one of the high school campuses or online. Not all courses are offered at all of the high schools. A description of the curriculum standards can be found under the specific program in the Applied Science programs section of this Catalog.

		Course Hours Per Week		Semester Hours
(C456930HS)		Class	Lab	Credit
ACA-115	Success & Study Skills	0	2	1
HEA-112	First Aid & CPR	1	2	2
HFS-110	Exercise Science	4	0	4
HFS-111	Fitness & Exer Testing I	3	2	4
HFS-116	Pvnt & Care Exer Injuries	2	2	3
<b>Credit Hours</b>		<b>10</b>	<b>8</b>	<b>14</b>
Total Required Minimum Semester Hours Credit				14

		Course Hours Per Week		Semester Hours
Allied Health II (C45630H2)		Class	Lab	Credit
ACA-115	Success & Study Skills	0	2	1
BIO-155	Nutrition	3	0	3
BIO-168	Anatomy and Physiology I	3	3	4
BIO-169	Anatomy and Physiology II	3	3	4
HEA-112	First Aid & CPR	1	2	2
MED-120	Survey of Med Terminology	2	0	2
<b>Credit Hours</b>		<b>12</b>	<b>10</b>	<b>16</b>
Total Required Minimum Semester Hours Credit				16

		Course Hours Per Week		Semester Hours
Fitness Professional (C45630H4)		Class	Lab	Credit
ACA-115	Success & Study Skills	0	2	1
HEA-112	First Aid & CPR	1	2	2
HFS-110	Exercise Science	4	0	4
HFS-111	Fitness & Exer Testing I	3	2	4
HFS-120	Group Exer Instruction	2	2	3
HFS-210	Personal Training	2	2	3
<b>Credit Hours</b>		<b>12</b>	<b>10</b>	<b>17</b>
Total Required Minimum Semester Hours Credit				17

		Course Hours Per Week		Semester Hours
Athletic Training/Sports Medicine (C45630H5)		Class	Lab	Credit
ACA-115	Success & Study Skills	0	2	1

## CCP Programs

		Course Hours Per Week		Semester Hours
BIO-168	Anatomy and Physiology I	3	3	4
BIO-169	Anatomy and Physiology II	3	3	4
HEA-112	First Aid & CPR	1	2	2
HFS-110	Exercise Science	4	0	4
HFS-116	Pvnt & Care Exer Injuries	2	2	3
<b>Credit Hours</b>		<b>13</b>	<b>12</b>	<b>18</b>
Total Required Minimum Semester Hours Credit				18

**Career and College Promise**

218 Stone Hall

(910) 695-3788

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

CCP Contacts