PROGRAMS

HEALTH AND FITNESS SCIENCE (C45630)

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.

Certificate Program

		Course Hours Per Week		Semester Hours
First Semester (Fall)		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
	Credit Hours	**8**	**6**	**11**
Second Semester (Spring)				
HFS-120	Group Exer Instruction	2	2	3
HFS-210	Personal Training	2	2	3
	Credit Hours	**4**	**4**	**6**
Total Required Minimum Semester Hours Credit				17

View Catalog Archives

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