

Technical and Vocational Programs

A 45 63 0 Health and Fitness Science – Associate in Applied Science C 45 63 0 Health and Fitness Science – Certificate

CONCENTRATION OVERVIEW

The Health and Fitness Science curriculum 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.

Upon completion of this concentration, graduates will be able to qualify for employment opportunities in commercial fitness clubs, YMCAs/YWCAs, wellness programs in business and industry, Parks & Recreation Departments, and other organizations implementing exercise and fitness programs.



Student Learning Outcomes – Upon completion of this program, students will:

1. Administer basic fitness tests and health risk assessments.
2. Design specific individual exercise programs, based on fitness tests and health risk assessment results.
3. Design and teach group exercise and fitness classes.
4. Provide instruction in proper exercise technique and appropriate use of exercise equipment and facilities.
5. Demonstrate knowledge of healthy nutrition.

Partnership: College of The Albemarle has an articulation agreement with Elizabeth City State University. Graduates of the A.A.S. degree in Health & Fitness Science may transfer into the B.S. Kinesiology – Concentration in Fitness & Wellness program at ECSU.

Some Health Sciences and Wellness Programs may have additional requirements related to required GPAs, grades, and other progression policies required for graduation. Please see program handbooks for more information.

C 45 63 0 Health and Fitness Science – Certificate

| First Year Fall Semester Course Number and Title | Pre-Requisites and Co-Requisites | Class Hours | Lab Hours | Clinical Hours | Total Contact Hours | Total Credit Hours |
|--|----------------------------------|-------------|-----------|----------------|---------------------|--------------------|
| HFS 110 Exercise Science | | 4 | | | 4 | 4 |
| HFS 111 Fitness & Exercise Testing I | | 3 | 2 | | 5 | 4 |
| PED 110 Fit & Well for Life | | 1 | 2 | | 3 | 2 |
| TOTAL SEMESTER HOURS | | 8 | 4 | | 12 | 10 |
| First Year Spring Semester Course Number and Title | | | | | | |
| HEA 112 First Aid & CPR | | 1 | 2 | | 3 | 2 |
| HFS 120 Group Exercise Instruction | P=HFS 110 | 2 | 2 | | 4 | 3 |
| HFS 210 Personal Training | P=HFS 110 and HFS 111 | 2 | 2 | | 4 | 3 |
| TOTAL SEMESTER HOURS | | 5 | 6 | | 11 | 8 |
| TOTAL SEMESTER HOURS REQUIRED FOR CERTIFICATE | | | | | | 18 |