

## 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. Share general nonmedical nutrition information with clients and participants.

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.**

\*This program offers a [Career and College Promise pathway \(CCP\) C45630H](#). Courses within the pathway are highlighted in yellow.

## A 45 63 0 Health and Fitness Science – A.A.S

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
ACA 122 Transfer & Career Success		0-1	0-2		1-2	1
ENG 111 Writing and Inquiry	Pre-Requisites: ENG 025 Co-Requisites: None	3			3	3
BIO 168 Anatomy & Physiology I	Pre-Requisites: ENG 025 and MAT 025, and either BIO 090 or one unit of HS Biology, and either CHM 090 or one unit of HS Chemistry	3	2		5	4
<b>HFS 110 Exercise Science</b>		4			4	4
<b>HFS 111 Fitness &amp; Exercise Testing I</b>		3	2		5	4
PED Elective			2-3		2-3	1
<b>TOTAL SEMESTER HOURS</b>		<b>13-14</b>	<b>6-9</b>		<b>20-22</b>	<b>17</b>
First Year Spring Semester Course Number and Title	Pre-Requisites and Co-Requisites	Class Hours	Lab Hours	Clinical Hours	Total Contact Hours	Total Credit Hours
COM 231 Public Speaking	Pre-Requisites: ENG 111	3			3	3
Choose One: MAT 143 Quantitative Literacy MAT 152 Statistical Methods I MAT 171 Precalculus Algebra	Pre-Requisites for MAT 143: ENG 025 and MAT 025  Pre-Requisites for MAT 152: ENG 025 and MAT 025  Pre-Requisites for MAT 171: MAT 035 or MAT 110 or MAT 143 or MAT 152 with a C or higher	2-3	2		4-5	3-4
BIO 169 Anatomy & Physiology II	Pre-Requisites: BIO 168	3	2		5	4
HEA 110 Personal Health & Wellness	Pre-Requisites: ENG 025	3			3	3
PED Elective			2-3		2-3	1
<b>TOTAL SEMESTER HOURS</b>		<b>11-12</b>	<b>6-7</b>		<b>17-19</b>	<b>14-15</b>

## A 45 63 0 Health and Fitness Science – A.A.S

First Year Summer Semester Course Number and Title	Pre-Requisites and Co-Requisites	Class Hours	Lab Hours	Clinical Hours	Total Contact Hours	Total Credit Hours
PSY 150 General Psychology	Pre-Requisites: ENG 025	3			3	3
Choose One: ART 111 – Art Appreciation MUS 110 – Music Appreciation PHI 240 – Intro to Ethics	Pre-Requisites: Varies	3			3	3
<b>TOTAL SEMESTER HOURS</b>		<b>6</b>			<b>6</b>	<b>6</b>
Second Year Fall Semester Course Number and Title	Pre-Requisites and Co-Requisites	Class Hours	Lab Hours	Clinical Hours	Total Contact Hours	Total Credit Hours
BIO 155 Nutrition	Pre-Requisites: ENG 025 and MAT 025	3			3	3
HFS 116 Prevention & Care of Exercise Related Injuries		2	2		4	3
HFS 118 Fitness Facility Management		4			4	4
HFS 218 Lifestyle Changes & Wellness		3	2		5	4
<b>PED 110 Fit &amp; Well for Life</b>		1	2		3	2
<b>TOTAL SEMESTER HOURS</b>		<b>13</b>	<b>6</b>		<b>19</b>	<b>16</b>
Second Year Spring Semester Course Number and Title	Pre-Requisites and Co-Requisites	Class Hours	Lab Hours	Clinical Hours	Total Contact Hours	Total Credit Hours
<b>HEA 112 First Aid &amp; CPR</b>		1	2		3	2
<b>HFS 120 Group Exercise Instruction</b>	Pre-Requisites: HFS 110	2	2		4	3
<b>HFS 210 Personal Training</b>	Pre-Requisites: HFS 110 and HFS 111	2	2		4	3
HFS 212 Exercise Programming	Pre-Requisites: HFS 110	2	2		4	3
Select two courses from below:						
PED Elective			2-3		2-3	1
PED Elective			2-3		2-3	1
WBL 110 World of Work		1			1	1
WBL 111 Work Based Learning I				10	10	1
<b>TOTAL SEMESTER HOURS</b>		<b>7-8</b>	<b>8-14</b>	<b>0-10</b>	<b>18-28</b>	<b>13</b>
<b>TOTAL SEMESTER HOURS REQUIRED FOR ASSOCIATE DEGREE</b>						<b>66-67</b>

## 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
<b>TOTAL SEMESTER HOURS</b>		<b>8</b>	<b>4</b>		<b>12</b>	<b>10</b>
First Year Spring Semester Course Number and Title						
HEA 112 First Aid & CPR		1	2		3	2
HFS 120 Group Exercise Instruction	Pre-Requisites: HFS 110	2	2		4	3
HFS 210 Personal Training	Pre-Requisites: HFS 110 and HFS 111	2	2		4	3
<b>TOTAL SEMESTER HOURS</b>		<b>5</b>	<b>6</b>		<b>11</b>	<b>8</b>
<b>TOTAL SEMESTER HOURS REQUIRED FOR CERTIFICATE</b>						<b>18</b>