

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	Pre-Requisites and Co-Requisites	Class Hours	Lab Hours	Clinical Hours	Total Contact Hours	Total Credit Hours
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