

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.

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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
Choose One: ACA 111 College Student Success ACA 122 College Transfer Success		0-1	0-2		1-2	1
ENG 111 Writing and Inquiry	P=ENG 002 Tier 1 C=ENG 011	3			3	3
BIO 168 Anatomy & Physiology I	P= ENG 002 Tier 1 and MAT 003 Tier 2, and either BIO 090 or one unit of HS Biology, and either CHM 090 or one unit of HS Chemistry	3	2		5	4
HFS 110 Exercise Science		4			4	4
HFS 111 Fitness & Exercise Testing I		3	2		5	4
PED Elective			2-3		2-3	1
TOTAL SEMESTER HOURS		13-14	6-9		20-22	17
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	P=ENG111	3			3	3
Choose One: MAT 143 Quantitative Literacy MAT 152 Statistical Methods I MAT 171 Precalculus Algebra	P for MAT 143 =MAT 003 Tier 1 and ENG 002 Tier 1 C for MAT 143=MAT 043 P for MAT 152=MAT 003 Tier 2 and ENG 002 Tier 1 P for MAT 171=MAT 003 Tier 2 or MAT 143 or MAT 152 C for MAT 171=MAT 071	2-3	2		4-5	3-4
BIO 169 Anatomy& Physiology II	P=BIO 168	3	2		5	4
HEA 110 Personal Health & Wellness	P=ENG 002 Tier 1	3			3	3
PED Elective			2-3		2-3	1
TOTAL SEMESTER HOURS		11-12	6-7		17-19	14-15

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COLLEGE OF THE ALBEMARLE

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	P=ENG 002 Tier 1	3			3	3
Choose One: ART 111 – Art Appreciation MUS 110 – Music Appreciation PHI 240 – Intro to Ethics	P=ENG 111	3			3	3
TOTAL SEMESTER HOURS		6	0		6	6
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	P=ENG 002 Tier 1 and MAT 003 Tier 1	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
PED 110 Fit & Well for Life		1	2		3	2
TOTAL SEMESTER HOURS		13	6		19	16
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
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
HFS 212 Exercise Programming	P=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
TOTAL SEMESTER HOURS		7-8	8-14	0-10	18-28	13
TOTAL SEMESTER HOURS REQUIRED FOR ASSOCIATE DEGREE						66-67

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