

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 and MAT 152=MAT 003 Tier 1 and ENG 002 Tier 1 C for MAT 143=MAT 043 C for MAT 152=MAT 052 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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