
PROGRAMS

HEALTH AND FITNESS SCIENCE

The Health and Fitness Science program 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.

Graduates should qualify for employment opportunities in commercial fitness clubs, YMCA's/YWCA's, wellness programs in business and industry, Parks & Recreation Departments and other organizations implementing exercise & fitness programs.

Associate in Applied Science Degree Program

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		Course Hours Per Week		Semester Hours
Fourth Semester (Fall)				
BIO-168	Anatomy and Physiology I	3	3	4
BUS-139 or BUS-230 or BUS-137	Entrepreneurship I or Small Business Management or Principles of Management	3	0	3
HFS-212	Exercise Programming	2	2	3
HFS-218	Lifestyle Chng & Wellness	3	2	4
PED-113	Aerobics I	0	3	1
WBL-111	Work-Based Learning I	0	10	1
WBL-115	Work-Based Learning Seminar I	1	0	1
	Credit Hours	12	20	17
Fifth Semester (Spring)				
BIO-169	Anatomy and Physiology II	3		