

Program Planning Guide
Health and Fitness Science, Certificate (C45630)

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 and Recreation Departments and other organizations implementing exercise and fitness programs.

See the College Catalog and the Health Science Programs Admissions packet for details regarding: Limited Enrollment Curriculum; Entrance Standards; Required Admissions Criteria and Requirements for Acceptance.
(<http://www.cccc.edu/curriculum/guides/C45630.pdf>)

Program Length: 3 semesters

Career Pathway Options: Associate in Applied Science in Health and Fitness Science; Diploma in Health and Fitness Science; Certificate in Health and Fitness Science

Program Sites: Lee Main Campus – Day Program

Suggested Course Schedule:	Hours				Grade	Semester	Notes
	Class	Lab	Clinical	Credit			
1st Semester (Fall)							
HEA 112 CPR & First Aid	1	2	0	2			
HFS 110 Exercise Science	4	0	0	4			
HFS 111 Fitness and Exercise Testing I	3	2	0	4			
	8	4	0	10			
2nd Semester (Spring)							
HFS 116 Prevention & Care Exer Related Injuries	2	2	0	3			
HFS 210 Personal Training	2	2	0	3			
PED 117 Weight Training I	0	3	0	1			
	4	7	0	7			

Total Semester Hours Credit: 17

Course Descriptions:

HEA 112 First Aid & CPR 1-2-0-2

This course introduces the basics of emergency first aid treatment. Topics include rescue breathing, CPR, first aid for choking and bleeding, and other first aid procedures. Upon completion, students should be able to demonstrate skills in providing emergency care for the sick and injured until medical help can be obtained. This course has been approved for transfer under the CAA and ICAA as a premajor and/or elective course requirement.

PED 117 Weight Training I 0-3-0-1

This course introduces the basics of weight training. Emphasis is placed on developing muscular strength, muscular endurance, and muscle tone. Upon completion, students should be able to establish and implement a personal weight training program. This course has been approved for transfer under the CAA and ICAA as a premajor and/or elective course requirement.

HFS 110 Exercise Science 4-0-04

This course is a survey of scientific principles, methodologies, and research as applied to exercise and physical adaptations to exercise. Topics include the basic elements of kinesiology, biomechanics, and motor learning. Upon completion, students should be able to identify and describe physiological responses and adaptations to exercise.

HFS 111 Fitness & Exer Testing I 3-2-0-4

This course introduces the student to graded exercise testing. Topics include various exercise testing protocols with methods for prescribing exercise programs based on exercise tolerance tests and the use of various equipment and protocols. Upon completion, students should be able to conduct specific exercise tests and the use of various equipment.

HFS 116 Pvnt & Care Exer Injuries 2-2-0-3

This course provides information about the care and prevention of exercise injuries. Topics include proper procedures, prevention techniques, and on-site care of injuries. Upon completion, students should be able to demonstrate the knowledge and skills necessary to prevent and care for exercise related injuries.

HFS 210 Personal Training 2-2-0-3

Prerequisite: Take HFS 110 and HFS 111

This course introduces the student to the aspects of personal (one-on-one) training. Topics include training systems, marketing, and program development. Upon completion, students should be able to demonstrate personal training techniques and competencies of same.