

Program Planning Guide

Health and Fitness Science, Diploma (D45630)

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.

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/D45630.pdf>)

Program Length: 3 semesters

Career Pathway Options: Associate in Applied Science in Health and Fitness Science, Diploma in Health and Fitness Science, Health and Fitness Science Certificate: HEA 112 (2), HFS 110 (4), HFS 111 (4), PED 117 (1), HFS 210 (3), HFS 116 (3)

Program Site(s): Lee Main Campus: Day Program

Suggested Course Schedule

1 st Semester (Fall)		Hours				Grade	Semester	Notes
		Class	Lab	Clinic	SHC			
ACA 122	College Transfer Success	0	2	0	1			Online
BIO 168	Anatomy and Physiology I	3	3	0	4			
ENG 111	Expository Writing	3	0	0	3			
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			
		14	9	0	18			

2 nd Semester (Spring)		Hours				Grade	Semester	Notes
		Class	Lab	Clinic	SHC			
BIO 169	Anatomy & Physiology II	3	3	0	4			
HFS 116	Prevention & Care Exercise Related Injuries	2	2	0	3			
HFS 120	Group Exercise Instruction	2	2	0	3			
HFS 210	Personal Training	2	2	0	3			
PED 117	Weight Training I	0	3	0	1			
PSY 150	General Psychology	3	0	0	3			
		12	12	0	17			

3 rd Semester (Summer)		Hours				Grade	Semester	Notes
		Class	Lab	Clinic	SHC			
BIO 155	Nutrition	3	0	0	3			
HFS 218	Lifestyle Changes & Wellness	3	2	0	4			
PED 110	Fit and Well for Life	1	2	0	2			
PED 113	Aerobics I	0	3	0	1			
		7	7	0	10			

Total Semester Hours Required: 45

Course Descriptions:

ACA 122 College Transfer Success 0-2-0-1

This course provides information and strategies necessary to develop clear academic and professional goals beyond the community college experience. Topics include the CAA, college policies and culture, career exploration, gathering information on senior institutions, strategic planning, critical thinking, and communications skills for a successful academic transition. Upon completion, students should be able to develop an academic plan to transition successfully to senior institutions. This course has been approved for transfer under the CAA and ICAA as a premajor and/or elective course requirement.

BIO 155 Nutrition 3-0-0-3

This course covers the biochemistry of foods and nutrients with consideration of the physiological effects of specialized diets for specific biological needs. Topics include cultural, religious, and economic factors that influence a person's acceptance of food, as well as nutrient requirements of the various life stages. Upon completion, students should be able to identify the functions and sources of nutrients, the mechanisms of digestion, and the nutritional requirements of all age groups.

BIO 168 Anatomy & Physiology I 3-3-0-4

Local Prerequisite: BIO 090, BIO 094, BIO 110, BIO 111 or by permission of the instructor

This course provides a comprehensive study of the anatomy and physiology of the human body. Topics include body organization, homeostasis, cytology, histology, and the integumentary, skeletal, muscular, and nervous systems and special senses. Upon completion, students should be able to demonstrate an in-depth understanding of principles of anatomy and physiology and their interrelationships. This course has been approved for transfer under the CAA and ICAA as a premajor and/or elective course requirement.

BIO 169 Anatomy & Physiology II 3-3-0-4

Prerequisites: BIO 168

This course provides a continuation of the comprehensive study of the anatomy and physiology of the human body. Topics include the endocrine, cardiovascular, lymphatic, respiratory, digestive, urinary, and reproductive systems as well as metabolism, nutrition, acid-base balance, and fluid and electrolyte balance. Upon completion, students should be able to demonstrate an in-depth understanding of principles of anatomy and physiology and their interrelationships. This course has been approved for transfer under the CAA and ICAA as a premajor and/or elective course requirement.

ENG 111 Writing and Inquiry 3-0-0-3

Prerequisites: DRE 098

This course is designed to develop the ability to produce clear writing in a variety of genres and formats using a recursive process. Emphasis includes inquiry, analysis, effective use of rhetorical strategies, thesis development, audience awareness, and revision. Upon completion, students should be able to produce unified, coherent, well-developed essays using standard written English. This course has been approved for transfer under the CAA and ICAA as a general education course in English Composition.

HEA 112 CPR & First Aid 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.

PED 110 Fit and Well for Life 1-2-0-2

This course is designed to investigate and apply the basic concepts and principles of lifetime physical fitness and other health-related factors. Emphasis is placed on wellness through the study of nutrition, weight control, stress management, and consumer facts on exercise and fitness. Upon completion, students should be able to plan a personal, lifelong fitness program based on individual needs, abilities, and interests. This course has been approved for transfer under the CAA and ICAA as a premajor and/or elective course requirement.

PED 113 Aerobics I 0-3-0-1

This course introduces a program of cardiovascular fitness involving continuous, rhythmic exercise. Emphasis is placed on developing cardiovascular efficiency, strength, and flexibility and on safety precautions. Upon completion, students should be able to select and implement a rhythmic aerobic exercise program. 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.

HFS 110 Exercise Science 4-0-0-4

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 a program of cardiovascular fitness involving continuous, rhythmic exercise. Emphasis is placed on developing cardiovascular efficiency, strength, and flexibility and on safety precautions. Upon completion, students should be able to select and implement a rhythmic aerobic exercise program.

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 120 Group Exer Instruction 2-2-0-3

Prerequisites: HFS 110

This course introduces the concepts and guidelines of instructing exercise classes. Topics include program designs, working with special populations, and principles of teaching and monitoring physical activity. Upon completion, students should be able to demonstrate basic skills in instructing an exercise class and monitoring workout intensity.

HFS 210 Personal Training 2-2-0-3

Prerequisites: HFS 110 and HFS 111

This course provides an overview of the scientific study of human behavior. Topics include history, methodology, biopsychology, sensation, perception, learning, motivation, cognition, abnormal behavior, personality theory, social psychology, and other relevant topics. Upon completion, students should be able to demonstrate a basic knowledge of the science of psychology.

HFS 218 Lifestyle Changes & Wellness 3-2-0-4

This course introduces health risk appraisals and their application to lifestyle changes. Topics include nutrition, weight control, stress management, and the principles of exercise. Upon completion, students should be able to conduct health risk appraisals and apply behavior modification techniques in a fitness setting.

PSY 150 General Psychology 3-0-0-3

This course provides an overview of the scientific study of human behavior. Topics include history, methodology, biopsychology, sensation, perception, learning, motivation, cognition, abnormal behavior, personality theory, social psychology, and other relevant topics. Upon completion, students should be able to demonstrate a basic knowledge of the science of psychology.