CENTRAL CAROLINA COMMUNITY COLLEGE

Health Sciences

Program Planning Guide

Health & Fitness Science, Diploma (D45630)

Program Length: 3 semesters
Program Sites: Lee Main Campus, Day Program; Chatham Health Science Center, Day Program
Career Pathway Options: Associate in Applied Science Degree in Health & Fitness Science; Diploma in Health & Fitness Science

Suggested Course Schedule		Class	Lab	Clinical	Credits	Notes:
1st Semester (fall)						
ACA 122	College Transfer Success	0	2	0	1	
BIO 168	Anatomy & Physiology I	3	3	0	4	
ENG 111	Writing and Inquiry	3	0	0	3	
HEA 112	CPR and First Aid	1	2	0	2	
HFS 110	Exercise Science	4	0	0	4	
HFS 111	Fitness & Exercise Testing I	3	2	0	4	
	Total Semester Hours Credit	**14**	**9**	**0**	**18**	
2nd Semester (spring)						
BIO 169	Anatomy & Physiology II	3	3	0	4	
HFS 116	Prevention & Care Exercise 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	
	Total Semester Hours Credit	**12**	**12**	**0**	**17**	
3rd Semester (summer)						
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	
	Total Semester Hours Credit	**7**	**7**	**0**	**10**	

Effective Term: 2023FA

Health Sciences

Total Semester Hours Credit Required for Graduation: 45

Course Descriptions

ACA 122 College Transfer Success
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
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 wellas 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
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
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
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
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.
rsonal weight training program.

HFS 110 Exercise Science
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
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
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 118 Fitness Facility Mgmt
This course provides information about the management and operation of health and fitness facilities and programs. Topics include human resources, sales and marketing, member retention, financial management, facility design and maintenance, and risk management. Upon completion, students should be able to demonstrate the knowledge and skills necessary to effectively manage a fitness facility.

HFS 120 Group Exer Instruction
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
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.

PSY 150 General Psychology
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.

PED 113 Aerobics I
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
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 pe