

HEALTH AND FITNESS SCIENCE

ABOUT THIS PROGRAM

Central Carolina Community College's Health and Fitness Science program prepares multi-skilled fitness professionals to be qualified to perform various skills in the health and fitness industry. Classes include an overview on physiology, anatomy and kinesiology as well as credentials offered in CPR, First Aid, Group Exercise, Health Coach and Personal Training. Graduates of the Health and Fitness Science program will be required to sit for the American Council on Exercise (ACE) Personal Trainer, Group Exercise, and Health Coach Certification exams before graduation. Graduates may also be eligible to sit for a variety of other examinations that pertain to the health and fitness industry.



POSSIBLE JOB TITLES:

- YMCA Staff
- Coach
- Personal/Fitness Trainer
- Fitness Studio Staff
- Group Fitness Instructor

MEDIAN SALARY:

\$40,390 annually (fitness trainer)

BUREAU OF LABOR STATISTICS CLUSTER WEBSITE:

www.bls.gov/ooh/personal-care-and-service/home.htm

JOB PLACEMENT OF RECENT GRADUATES OF THIS PROGRAM:

- Triangle YMCA
- Fit for Life
- Lee County Enrichment Center
- JKT Fitness

SKILLS/APTITUDES NEEDED FOR PROGRAM:

- Communication Skills/Good Listener
- High Work Ethic



www.cccc.edu

DEGREE(S)

Associate in Applied Science in Health and Fitness Science (A45630; Lee Main Campus and Chatham Health Sciences Center - Day) – five semesters (summer included)

DIPLOMA(S)

Diploma in Health and Fitness Science (D45630; Lee Main Campus and Chatham Health Sciences Center - Day) – three semesters (summer included)

CERTIFICATE(S)

Certificate in Health and Fitness Science (C45630; Lee Main Campus and Chatham Health Sciences Center - Day) – three semesters (summer included)

TRANSFER OPTIONS

Appalachian State University, Lenoir-Rhyne University, North Carolina Central University, North Carolina Wesleyan College, Methodist University, UNC-P, UNC-G, UNC-W, and ECU

ADDITIONAL COSTS OF PROGRAM

Certification Exam(s) - varied

STATE LICENSURE/EXAMS/INDUSTRY CERTIFICATIONS

American Council on Exercise (ACE) Personal Trainer, Group Exercise Trainer, and Health Coach Certifications

ADDITIONAL ADMISSIONS PROCESS

None

CONTACTS

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