



Health  
Sciences

# HEALTH AND FITNESS SCIENCE

## ABOUT THE 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.



## CCCC Career Community

Students interested in Health Sciences like to help people feel better. They can work independently, but prefer to work in groups or teams. They are detail-oriented, compassionate, and think critically to solve problems. They work well in stressful situations and do not get queasy around blood or bodily fluids. Graduates find jobs working in medical or wellness environments.

R I A S X E X C



## Possible Employment In Industry

Other Amusement and Recreation Industries  
Executive, Legislative, and Other General  
Government Support  
Other Schools and Instruction  
Continuing Care Retirement Communities and  
Assisted Living Facilities for the Elderly



## Top Employers In Region

YMCA of the Triangle Area  
City of Raleigh  
Town of Cary  
City of Durham  
Salvation Army



## Occupational Statistics

Median Salary: USA \$45,380  
Median Salary: NC \$46,130  
Median Salary: Region \$37,500



CENTRAL CAROLINA  
COMMUNITY COLLEGE

[www.cccc.edu](http://www.cccc.edu)



## Degrees

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



## Diplomas

Diploma in Health and Fitness Science  
D45630; Lee Main Campus- Day; Online  
three semesters (summer included)



## Certificates

Certificate in Health and Fitness Science  
C45630; Lee Main Campus- Day; Online  
two semesters



## Transfer Options

Yes, limited. Contact the Department Chair to discuss transfer options.



## Additional Program Costs

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



## Skills In Demand For Program And Industry

Microsoft Office Suite  
Working with Children  
Personal Training  
Cash Handling (Cashier)  
Vital Signs



## Work-Based Learning Information

None



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