



Program Planning Guide

Health & Fitness Science, Associate in Applied Science Degree (A45630)

Program Length: 5 semesters

Program Sites: Lee Main Campus, Day Program; Online

Career Pathway Options: Associate in Applied Science Degree in Health & Fitness Science

Suggested Course Schedule		Class	Lab	Clinical	Credits	Notes:
1st Semester (fall)						
ACA 122	College Transfer Success	0	2	0	1	
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	
Humanities/Fine Arts Elective		3	0	0	3	
Total Semester Hours Credit		14	6	0	17	
2nd Semester (spring)						
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	
Math Elective		3	2	0	4	
PED 117	Weight Training I	0	3	0	1	
Total Semester Hours Credit		9	11	0	14	
3rd Semester (summer)						
BIO 155	Nutrition	3	0	0	3	
HFS 218	Lifestyle Changes & Wellness	3	2	0	4	
Take one course from:					1	
PED 122	Yoga	0	2	0		



PED 113	Aerobics I	0	3	0		
PED 277	Ultimate Frisbee	0	2	0		
	Total Semester Hours Credit	6	4/5	0	8	
4th Semester (fall)						
BIO 168	Anatomy & Physiology I	3	3	0	4	
HFS 118	Fitness Facility Management	4	0	0	4	
PSY 150	General Psychology	3	0	0	3	
	Communications Elective	3	0	0	3	
	Total Semester Hours Credit	13	3	0	14	
5th Semester (spring)						
BIO 169	Anatomy & Physiology II	3	3	0	4	
BUS 230	Small Business Management	3	0	0	3	
HFS 212	Exercise Programming	2	2	0	3	
PED 110	Fit and Well for Life	1	2	0	2	
	Total Semester Hours Credit	9	7	0	12	
Total Semester Hours Credit Required for Graduation: 65						