

**HEALTH AND FITNESS SCIENCE  
A.A.S. Program (A45630)**

**Health and Fitness Science • A45630  
Suggested Program Sequence Day**

**Courses required to meet graduation requirements in this curriculum are offered during day hours. Minimum time for completion: five semesters full-time attendance. The Associate of Applied Science degree is awarded graduates of this curriculum.**

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, YMCAs/ YWCAs, wellness programs in business and industry, parks & recreation departments and other organizations implementing exercise & fitness programs.

**GENERAL EDUCATION COURSES: SHC**

English/Communications:		
COM 110	Introduction to Communication.....	3
ENG 111	Writing and Inquiry.....	3
ENG 112	Writing/Research in the Disc.....	3
OR	ENG 113 Literature-Based Research.....	3
OR	ENG 114 Prof Research & Reporting.....	3
Humanities/Fine Arts:		
Elective	.....	3
Natural Sciences/Mathematics:		
MAT 110	Math Measurement & Literacy.....	3
OR	MAT 143 Quantitative Literacy.....	3
OR	MAT 152 Statistical Methods I.....	4
Social/Behavioral Sciences:		
PSY 150	General Psychology.....	3

**MAJOR COURSES:**

BIO 155	Nutrition.....	3
BIO 168	Anatomy and Physiology I.....	4
BIO 169	Anatomy and Physiology II.....	4
HEA 112	First Aid & CPR.....	2
PED 110	Fit and Well for Life.....	2
PSF 110	Exercise Science.....	4
PSF 111	Fitness & Exer Testing I.....	4
PSF 114	Phys Fit Theory & Instr.....	4
PSF 116	Pvnt & Care Exer Injuries.....	3
PSF 118	Fitness Facility Mgmt.....	4
PSF 120	Group Exer Instruction.....	3
PSF 210	Personal Training.....	3
PSF 212	Exercise Programming.....	3
PSF 218	Lifestyle Chng & Wellness.....	4
PSY 275	Health Psychology.....	3
WBL 111	Work-Based Learning I.....	1

**PED Electives ..... 2**

Students are required to select 2 credit hours from the following courses.

PED 113	Aerobics I.....	1
PED 117	Weight Training I.....	1
PED 118	Weight Training II.....	1
PED 120	Walking for Fitness.....	1
PED 122	Yoga I.....	1

**Total Credit Hours Required ..... 71/72**

**DEVELOPMENTAL COURSE REQUIREMENTS\***

DRE 098	Integrated Reading Writing III.....	3
DMA DMA 010, DMA 020, DMA 030 (MAT 110)	.....	3
DMA DMA 010, DMA 020, DMA 030, DMA 040, DMA 050 (MAT 143/MAT 152)	.....	5

\*Developmental coursework (including all prerequisites) will be required of students whose placement test scores indicate a need for greater proficiency in the areas of reading, English, mathematics, and computers. Please refer to the Course Descriptions section for prerequisite course information.

			Class	Lab	Clin/WkExp	Credit
<b>Fall – 1st year</b>						
ENG 111	Writing and Inquiry		3	0	0	3
HEA 112	First Aid & CPR		1	2	0	2
PED 110	Fit And Well For Life		1	2	0	2
PSF 110	Exercise Science		4	0	0	4
PSY 150	General Psychology		3	0	0	3
	PED Elective		1	0	0	1
	<b>Total</b>		<b>13</b>	<b>4</b>	<b>0</b>	<b>15</b>
<b>Spring – 1st year</b>						
ENG 112	Writing/Research in the Disc		3	0	0	3
OR	ENG 113 Literature-Based Research		3	0	0	3
OR	ENG 114 Prof Research & Reporting		3	0	0	3
BIO 168	Anatomy and Physiology I		3	3	0	4
BIO 155	Nutrition		3	0	0	3
PSF 111	Fitness & Exer Testing I		3	2	0	4
PSF 116	Pvnt & Care Exer Injuries		2	2	0	3
	<b>Total</b>		<b>14</b>	<b>7</b>	<b>0</b>	<b>17</b>
<b>Summer – 1st year</b>						
MAT 110	Math Measurement & Literacy		2	2	0	3
OR	MAT 143 Quantitative Literacy		2	2	0	3
OR	MAT 152 Statistical Methods I		3	2	0	4
	Humanities/Fine Arts Elective		3	0	0	3
	<b>Total</b>		<b>5/6</b>	<b>2</b>	<b>0</b>	<b>6/7</b>
<b>Fall – 2nd year</b>						
WBL 111	Work-Based Learning I		0	0	10	1
COM 110	Introduction to Communication		3	0	0	3
BIO 169	Anatomy and Physiology II		3	3	0	4
PSF 114	Phys Fit Theory & Instr		4	0	0	4
PSF 120	Group Exer Instruction		2	2	0	3
	PED Elective		1	0	0	1
	<b>Total</b>		<b>13</b>	<b>5</b>	<b>10</b>	<b>16</b>
<b>Spring – 2nd year</b>						
PSF 118	Fitness Facility Mgmt		4	0	0	4
PSF 210	Personal Training		2	2	0	3
PSF 212	Exercise Programming		2	2	0	3
PSF 218	Lifestyle Chng & Wellness		3	2	0	4
PSY 275	Health Psychology		3	0	0	3
	<b>Total</b>		<b>14</b>	<b>6</b>	<b>0</b>	<b>17</b>
	<b>Grand Total</b>		<b>59/60</b>	<b>24</b>	<b>10</b>	<b>71/72</b>