PROGRAM FACT SHEET

HEALTH AND FITNESS SCIENCE A45630

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, YMCA’s/YWCA’s, wellness programs in business and industry, Parks & Recreation Departments and other organizations implementing exercise & fitness programs.

##### Awards

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| **Associate Degree:** Health and Fitness Science (A45630) | **Length of Program:** 4 Semesters**Prerequisite:** High School Diploma, Placement Test Equivalent |
| **Diploma:** Not Applicable | **Length of Program:****Prerequisite:** |
| **Certificate**:Health and Wellness Management Certificate (C45630C1) | **Length of Program:** 2 Semesters**Prerequisite:** High School Diploma,Placement Test Equivalent |
| **Certificate**:Health and Fitness Science Certificate (C45630H1) | **Length of Program:** 2 Semesters**Prerequisite:** Placement Test Equivalent |

**Work-Based Learning Requirements/Opportunities:** For Work-Based Learning requirements/opportunities please see the appropriate Program Sequencing sheet.

**License or Certification Information:** Program prepares students to sit for national certification exams in the various fitness fields of study. Students with a felony conviction may have limited certification and employment opportunities.

**Program Information Contact:**

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| Curriculum Chairperson: Larzaris ButlerTelephone Number: (910) 678-8352Office Location: Horace Sisk Building, Room 811Email: butlerl@faytechcc.edu | Department Office: Horace Sisk, Room 616Telephone: (910) 678-8295FTCC Web Site: [FTCC Website](http://www.faytechcc.edu/) |

**Application Deadlines:** The program is designed for a student to enter during the fall semester. A student may enter at other times with approval of the Department Chairperson. Specific health program admission requirements must be met before a student is eligible for admission.

**Scholarship/Title IV Financial Aid/VA Services:** Scholarships/Title IV Financial Aid/Veteran's assistance may be available for associate degrees. Certificates and diplomas that fall under this program/area of study **may or may not be eligible** for Scholarship/Title IV Financial Aid/VA Services. Please contact the Financial Aid Office, Student Center, Room 2; Telephone (910) 678-8242. Veterans Services, General Classroom Building, Room 202, (910) 678-8580.

**Child Care Financial Assistance Information:**

Telephone: (910) 678-8486.

Revised: 02/21/23