**FAYETTEVILLE TECHNICAL COMMUNITY COLLEGE**

**HEALTH AND FITNESS SCIENCE (A45630)**

Effective: Fall 2021

Revised: 03/09/21

Length: 4 Semesters

Prerequisites: High School Diploma, Placement Test Equivalent

Award: Associate in Applied Science

**FALL SEMESTER 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Prefix No.** | Title | **Class** | **Lab** | **Clinical** | **Credit** |
| ACA120 | Career Assessment | 1 | 0 | 0 | 1 |
| or |  |  |  |  |  |
| ACA122 | College Transfer Success | 0 | 2 | 0 | 1 |
| BIO111 | General Biology I | 3 | 3 | 0 | 4 |
| ENG111 | Writing and Inquiry | 3 | 0 | 0 | 3 |
| HFS110 | Exercise Science | 4 | 0 | 0 | 4 |
| PSY150 | General Psychology | 3 | 0 | 0 | 3 |
|  | Major Elective | 0 | 3 | 0 | 1 |
|  |  | ----- | ----- | ----- | ----- |
|  | **Totals** | **13** | **6** | **0** | **16** |

**SPRING SEMESTER 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Prefix No.** | Title | **Class** | **Lab** | **Clinical** | **Credit** |
| BIO168 | Anatomy and Physiology I | 3 | 3 | 0 | 4 |
| CIS110 | Introduction to Computers | 2 | 2 | 0 | 3 |
| MAT143 | Quantitative Literacy | 2 | 2 | 0 | 3 |
| HFS111 | Fitness & Exer Testing I | 3 | 2 | 0 | 4 |
|  |  | ----- | ----- | ----- | ----- |
|  | **Totals** | **10** | **9** | **0** | **14** |

**FALL SEMESTER 2**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Prefix No.** | Title | **Class** | **Lab** | **Clinical** | **Credit** |
| BIO155 | Nutrition | 3 | 0 | 0 | 3 |
| BIO169 | Anatomy and Physiology II | 3 | 3 | 0 | 4 |
| HFS118 | Fitness Facility Mgmt | 4 | 0 | 0 | 4 |
| HFS120 | Group Exer Instruction | 2 | 2 | 0 | 3 |
| HFS218 | Lifestyle Chng & Wellness | 3 | 2 | 0 | 4 |
|  |  | ----- | ----- | ----- | ----- |
|  | **Totals** | **15** | **7** | **0** | **18** |

**SPRING SEMESTER 2**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Prefix No.** | Title | **Class** | **Lab** | **Clinical** | **Credit** |
| COM231 | Public Speaking | 3 | 0 | 0 | 3 |
| HEA112 | CPR and First Aid | 1 | 2 | 0 | 2 |
| HFS116 | Pvnt & Care Exer Injuries | 2 | 2 | 0 | 3 |
| HFS210 | Personal Training | 2 | 2 | 0 | 3 |
| HFS212 | Exercise Programming | 2 | 2 | 0 | 3 |
|  | Humanities/Fine Arts Elec | 3 | 0 | 0 | 3 |
|  |  | ----- | ----- | ----- | ----- |
|  | **Totals** | **13** | **8** | **0** | **17** |

**TOTAL REQUIRED CREDITS.... 65**

**Work-Based Learning Option:** Qualified students may elect to take up to one (1) credit hour of Work-Based Learning in lieu of

an Other Major elective provided they acquire approval from the Work-Based Learning Coordinator and the Department Chairperson.

Students with a felony conviction may have limited certification and employment opportunities.

\*Note: Students may not take an introductory foreign language to fulfill the Humanities/Fine Arts requirement.