**FAYETTEVILLE TECHNICAL COMMUNITY COLLEGE**

**HEALTH AND FITNESS SCIENCE CERTIFICATE (C45630H1)**

Effective: Fall 2019

Revised: 03/06/19

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.

All credits acquired in this program of study will transfer into the Health and Fitness Science Associate Degree program, provided that all grades earned are a “B” or higher.

Length: 2 Semesters

Prerequisites: Placement Test Equivalent

Award: Certificate

**FALL SEMESTER 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Prefix No.** | Title | **Class** | **Lab** | **Clinical** | **Credit** |
| BIO168 | Anatomy and Physiology I | 3 | 3 | 0 | 4 |
| HFS110 | Exercise Science | 4 | 0 | 0 | 4 |
|  |  | ----- | ----- | ----- | ----- |
|  | **Totals** | **7** | **3** | **0** | **8** |

**SPRING SEMESTER 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Prefix No.** | Title | **Class** | **Lab** | **Clinical** | **Credit** |
| BIO169 | Anatomy and Physiology II | 3 | 3 | 0 | 4 |
| HFS111 | Fitness & Exer Testing I | 3 | 2 | 0 | 4 |
|  |  | ----- | ----- | ----- | ----- |
|  | **Totals** | **6** | **5** | **0** | **8** |

**TOTAL REQUIRED CREDITS.... 16**

**Work-Based Learning Option: NA**.

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