

## Awards

**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 Fitness Science Management Certificate (C45630C1)  
**Length of Program:** 2 Semesters  
**Prerequisite:** Placement Test Equivalent

**Certificate:** Health and Fitness Science Certificate (C45630H1)  
**Length of Program:** 2 Semesters  
**Prerequisite:** Placement Test Equivalent

## Program Information Contact

### Program Coordinator

Larzaris Butler  
(910) 678-8352  
Horace Sisk Building, Room 811  
butlerl@faytechcc.edu  
www.faytechcc.edu

## Other Important Information

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

**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.



2201 Hull Road  
P.O. Box 35236  
Fayetteville, NC 28303  
(910) 678-8400



### SOUTHERN ASSOCIATION OF COLLEGES & SCHOOLS COMMISSION ON COLLEGES

Fayetteville Technical Community College is accredited by the Southern Association of Colleges and Schools Commission on Colleges (SACSCOC) to award associate degrees, diplomas, and certificates. Degree-granting institutions also may offer credentials such as certificates and diplomas at approved degree levels. Questions about the accreditation of Fayetteville Technical Community College may be directed in writing to the Southern Association of Colleges and Schools Commission on Colleges at 1866 Southern Lane, Decatur, GA 30033-4097, by calling (404) 679-4500, or by using information available on SACSCOC's website ([www.sacsoc.org](http://www.sacsoc.org)).

## HEALTH AND FITNESS SCIENCE



[www.faytechcc.edu](http://www.faytechcc.edu)

*Fayetteville Technical  
Community College*

910-678-8400  
P.O. Box 35236 • 2201 Hull Road  
Fayetteville, NC 28303

An Equal Opportunity Employer

## 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.



## FAYETTEVILLE TECHNICAL COMMUNITY COLLEGE HEALTH AND FITNESS SCIENCE (A45630)

Effective: Fall 2021

Revised: 03/09/21

Length: 4 Semesters

Prerequisite: High School Diploma, Placement Test Equivalent

Award: Associate in Applied Science

### FALL SEMESTER 1

Prefix	No.	Title	Class	Lab	Clinical	Credit
ACA	120	Career Assessment	1	0	0	1
or						
ACA	122	College Transfer Success	0	2	0	1
BIO	111	General Biology I	3	3	0	4
ENG	111	Writing and Inquiry	3	0	0	3
HFS	110	Exercise Science	4	0	0	4
PSY	150	General Psychology	3	0	0	3
		Major Elective	0	3	0	1
<b>TOTALS</b>			<b>13</b>	<b>6</b>	<b>0</b>	<b>16</b>

### SPRING SEMESTER 1

Prefix	No.	Title	Class	Lab	Clinical	Credit
BIO	168	Anatomy and Physiology I	3	3	0	4
CIS	110	Introduction to Computers	2	2	0	3
MAT	143	Quantitative Literacy	2	2	0	3
HFS	111	Fitness & Exer Testing I	3	2	0	4
<b>TOTALS</b>			<b>10</b>	<b>9</b>	<b>0</b>	<b>14</b>

### FALL SEMESTER 2

Prefix	No.	Title	Class	Lab	Clinical	Credit
BIO	155	Nutrition	3	0	0	3
BIO	169	Anatomy and Physiology II	3	3	0	4
HFS	118	Fitness Facility Mgmt	4	0	0	4
HFS	120	Group Exer Instruction	2	2	0	3
HFS	218	Lifestyle Chng & Wellness	3	2	0	4
<b>TOTALS</b>			<b>15</b>	<b>7</b>	<b>0</b>	<b>18</b>

### SPRING SEMESTER 2

Prefix	No.	Title	Class	Lab	Clinical	Credit
COM	231	Public Speaking	3	0	0	3
HEA	112	CPR and First Aid	1	2	0	2
HFS	116	Pvnt & Care Exer Injuries	2	2	0	3
HFS	210	Personal Training	2	2	0	3
HFS	212	Exercise Programming	2	2	0	3
		Humanities/Fine Arts Elect	3	0	0	3
<b>TOTALS</b>			<b>13</b>	<b>8</b>	<b>0</b>	<b>17</b>

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.

Refer to the FTCC website for the most current information. Go to [www.faytechcc.edu](http://www.faytechcc.edu) and click on College Catalog.