



# HEALTH & FITNESS SCIENCE

C45630H1



**Health and Fitness Science** 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. Credit obtained in these courses may be transferred directly into the Health and Fitness Science associate degree curriculum, **provided that all grades earned are a “B” or higher**. Courses with a final mark of “C” or lower will not transfer into the associate degree program.

SEMESTER (16 WKS)	COURSE	NAME	FTCC Credit
Fall	BIO 168	Anatomy & Physiology I	4
	HFS 110	Exercise Science	4
Spring	BIO 169	Anatomy & Physiology II	4
	HFS 111	Fitness & Exer Testing I	4



For more information, scan the code or visit our website:

[www.faytechcc.edu/academics/high-school-connections/](http://www.faytechcc.edu/academics/high-school-connections/)

## High School Connections

High School Connections (HSC) is a partnership between local high schools and Fayetteville Technical Community College that provides seamless dual enrollment educational opportunities for high school students in order to accelerate completion of college certificates, diplomas, and associate degrees that lead to college transfer or provide entry-level job skills.

### HERE'S WHAT YOU NEED TO KNOW

- **Offered:** College Transfer Pathway (CTP) or Career and Technical Education (CTE) courses. Most CTE programs will lead to a community college certificate.
- **Required:**
  - High School juniors and seniors ONLY
  - Unweighted GPA of 2.8 or higher on High School Courses

OR

  - Testing pre-requisites (i.e. PSAT, SAT, PACT, ACT, etc)
    - Waiver letter from high school may allow entry into certain programs
  - High School freshman and sophomores
    - AIG in both Reading and Math

OR

  - Qualifying aptitude test scores

AND

  - Qualifying test scores (i.e. PSAT, SAT, PACT, ACT, etc.)
  - School recommendation
    - Limited availability for CTE courses available for freshman and sophomores.
- **Schedule:** Most classes will run 1:00-3:00 Monday – Friday and will follow the Cumberland County Schools schedule for holidays. Classes with labs and/or clinicals may run outside of traditional school hours.
- **Transportation:** Cumberland County Schools will offer transportation to FTCC from most of their comprehensive high schools. Transportation follows the CCS traditional school calendar. Classes with labs and/or clinicals as well as concurrent sections may require student to provide their own transportation. See your counselor for details.
- **Cost:** Tuition is waived. Students pay textbook/supply cost (uniforms and special equipment)
- **Graduation:** CTE certificate completers will graduate from FTCC in May of each year.
- **More info:** A complete listing of HSC offerings can be found on our website at:

<http://www.faytechcc.edu/academics/high-school-connections>

**TO FIND OUT HOW YOU CAN REGISTER  
FOR HIGH SCHOOL CONNECTIONS CLASSES,  
SEE YOUR HIGH SCHOOL COUNSELOR TODAY!**