

HEALTH SCIENCES

HEALTH AND FITNESS SCIENCE

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 at facilities.

Graduates will qualify for employment opportunities in commercial fitness clubs, YMCA's/YWCA's, wellness programs in business and industry, parks and recreation departments and other organizations implementing exercise and fitness programs.

HEALTH AND FITNESS SCIENCE

- A45630

First Fall Semester

ACA 111	College Student Success	1
HFS 110	Exercise Science.....	4
HFS 111	Fitness & Exercise Testing.....	4
BIO 168	Anatomy and Physiology I.....	4
PED 117	Weight Training I	1

First Spring Semester

BIO 169	Anatomy and Physiology II.....	4
ENG 111	Expository Writing	3
HFS 116	Prevention & Care of Exercise Injuries	3
HFS 120	Group Exercise Instruction	3
PED 113	Aerobics I	1

>Eligible to sit for ACSM Group Exercise Instructor Certification Exam (Not offered through Wake Tech)

Summer Session

PSY 150	General Psychology	3
COM 120	Intro to Interpersonal Communication	3
OR		
COM 231	Public Speaking	3

Second Fall Semester

PED 118	Weight Training II	1
HFS 210	Personal Training	3
HFS 118	Fitness Facility Management	4
HEA 112	First Aid & CPR.....	2
HUM 115	Critical Thinking.....	3
MAT 143	Quantitative Literacy	3
OR		
MAT 171	Precalculus Algebra	4

>Eligible to sit for ACSM Personal Trainer Certification Exam (Not offered through Wake Tech)

Second Spring Semester

HFS 212	Exercise Programming.....	3
HFS 218	Lifestyle Chang & Wellness	4
WBL 111	Work Based Learning I *	1
BIO 155	Nutrition.....	3
PED 111	Physical Fitness I	1

Other Major Hours: (Choose 3 credits from pick list as needed)

BIO 110	Principles of Biology	4
PED 110	Fit and Well for Life	2
PED 122	Yoga I.....	1
PED 128	Golf-Beginning	1
PED 130	Tennis-Beginning.	1
PED 143	Volleyball-Beginning.....	1
PED 145	Basketball-Beginning	1
HEA 110	Personal Health/Wellness	3
BUS 139	Entrepreneurship I.....	3

Graduation Requirements65-66 Credit Hours

* WBL 111: The semester prior to WBL consideration, students must complete an application and meet with their faculty program advisor to obtain approval before registering for course.

Health and Fitness Science Certificate

- C45630

First Semester

HFS 110	Exercise Science.....	4
HFS 111	Fitness & Exercise Testing.....	4
PED 110	Fit and Well for Life.....	2

Second Semester

HFS 120	Group Exercise Instruction	3
OR		
HFS 210	Personal Training	3
HFS 212	Exercise Programming	3

Graduation Requirements 16 Credit Hours