



Program Planning Guide

Health & Fitness Science, Certificate (C45630)

Program Length: 2 semesters

Program Sites: Lee Main Campus, Day Program; Chatham Health Science Center, Day Program

Career Pathway Options: Associate in Applied Science Degree in Health & Fitness Science;
Diploma in Health & Fitness Science; Certificate in Health & Fitness Science

Suggested Course Schedule		Class	Lab	Clinical	Credits	Notes:
1st Semester (fall)						
HEA 112	CPR and First Aid	1	2	0	2	
HFS 110	Exercise Science	4	0	0	4	
HFS 111	Fitness & Exercise Testing I	3	2	0	4	
Total Semester Hours Credit		8	4	0	10	
2nd Semester (spring)						
HFS 116	Prevention & Care Exercise Injuries	2	2	0	3	
HFS 210	Personal Training	2	2	0	3	
PED 117	Weight Training I	0	3	0	1	
Total Semester Hours Credit		4	7	0	7	
Total Semester Hours Credit Required for Graduation: 17						



Course Descriptions

HEA 112 CPR & First Aid

This course introduces the basics of emergency first aid treatment. Topics include rescue breathing, CPR, first aid for choking and bleeding, and other first aid procedures. Upon completion, students should be able to demonstrate skills in providing emergency care for the sick and injured until medical help can be obtained.

HFS 110 Exercise Science

This course is a survey of scientific principles, methodologies, and research as applied to exercise and physical adaptations to exercise. Topics include the basic elements of kinesiology, biomechanics, and motor learning. Upon completion, students should be able to identify and describe physiological responses and adaptations to exercise.

HFS 111 Fitness & Exer Testing I

This course introduces a program of cardiovascular fitness involving continuous, rhythmic exercise. Emphasis is placed on developing cardiovascular efficiency, strength, and flexibility and on safety precautions. Upon completion, students should be able to select and implement a rhythmic aerobic exercise program.

HFS 116 Pvnt & Care Exer Injuries

This course provides information about the care and prevention of exercise injuries. Topics include proper procedures, prevention techniques, and on-site care of injuries. Upon completion, students should be able to demonstrate the knowledge and skills necessary to prevent and care for exercise related injuries.

HFS 210 Personal Training

Prerequisites: HFS 110 and HFS 111

This course provides an overview of the scientific study of human behavior. Topics include history, methodology, biopsychology, sensation, perception, learning, motivation, cognition, abnormal behavior, personality theory, social psychology, and other relevant topics. Upon completion, students should be able to demonstrate a basic knowledge of the science of psychology.

PED 117 Weight Training I

This course introduces the basics of weight training. Emphasis is placed on developing muscular strength, muscular endurance, and muscle tone. Upon completion, students should be able to establish and implement a personal weight training program.