



Program Planning Guide

Health & Fitness Science, Associate in Applied Science Degree (A45630)

Program Length: 5 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

Suggested Course Schedule		Class	Lab	Clinical	Credits	Notes:
1st Semester (fall)						
ACA 122	College Transfer Success	0	2	0	1	
ENG 111	Writing and Inquiry	3	0	0	3	
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	
Humanities/Fine Arts Elective		3	0	0	3	
Total Semester Hours Credit		14	6	0	17	
2nd Semester (spring)						
HFS 116	Prevention & Care Exercise Injuries	2	2	0	3	
HFS 120	Group Exercise Instruction	2	2	0	3	
HFS 210	Personal Training	2	2	0	3	
PED 117	Weight Training I	0	3	0	1	
PSY 150	General Psychology	3	0	0	3	
Total Semester Hours Credit		9	6	0	13	
3rd Semester (summer)						
BIO 155	Nutrition	3	0	0	3	
HFS 218	Lifestyle Changes & Wellness	3	2	0	4	
Take one course from:					1	
PED 122	Yoga	0	2	0		
PED 113	Aerobics I	0	3	0		
Total Semester Hours Credit		6	4/5	0	8	



4th Semester (fall)						
BIO 168	Anatomy & Physiology I	3	3	0	4	
HFS 118	Fitness Facility Management	4	0	0	4	
Communications Elective		3	0	0	3	
Math Elective		3	2	0	4	
Total Semester Hours Credit		13	5	0	15	
5th Semester (spring)						
BIO 169	Anatomy & Physiology II	3	3	0	4	
BUS 280	REAL Small Business	4	0	0	4	
HFS 212	Exercise Programming	2	2	0	3	
PED 110	Fit and Well for Life	1	2	0	2	
Total Semester Hours Credit		10	7	0	13	
Total Semester Hours Credit Required for Graduation: 66						

<p>Approved Humanities/Fine Arts Electives Associate in Applied Science Degree/Diploma</p> <p>ART 111 Art Appreciation ART 114 Art History Survey I ART 115 Art History Survey II DRA 111 Theatre Appreciation ENG 125 Creative Writing I ENG 231 American Literature I ENG 232 American Literature II ENG 241 British Literature I ENG 242 British Literature II HUM 110 Technology & Society HUM 115 Critical Thinking HUM 120 Cultural Studies HUM 122 Southern Culture HUM 150 American Women's Studies HUM 160 Introduction to Film MUS 110 Music Appreciation MUS 112 Introduction to Jazz PHI 240 Introduction to Ethics REL 110 World Religions REL 211 Intro to Old Testament REL 212 Intro to New Testament</p>	<p>Communications Electives; select one course:</p> <p>ENG 112 Writing/Research in the Disc ENG 114 Prof Research & Reporting COM 110 Introduction to Communication COM 120 Intro Interpersonal Com COM 231 Public Speaking</p> <p>Mathematics; select one course:</p> <p>MAT 152 Statistical Methods I MAT 171 Precalculus Algebra</p>
---	--



Course Descriptions

ACA 122 College Transfer Success

This course provides information and strategies necessary to develop clear academic and professional goals beyond the community college experience. Topics include the CAA, college policies and culture, career exploration, gathering information on senior institutions, strategic planning, critical thinking, and communications skills for a successful academic transition. Upon completion, students should be able to develop an academic plan to transition successfully to senior institutions. This course has been approved for transfer under the CAA and ICAA as a premajor and/or elective course requirement.

BIO 155 Nutrition

This course covers the biochemistry of foods and nutrients with consideration of the physiological effects of specialized diets for specific biological needs. Topics include cultural, religious, and economic factors that influence a person's acceptance of food, as well as nutrient requirements of the various life stages. Upon completion, students should be able to identify the functions and sources of nutrients, the mechanisms of digestion, and the nutritional requirements of all age groups.

BIO 168 Anatomy & Physiology I

Local Prerequisite: BIO 090, BIO 094, BIO 110, BIO 111 or by permission of the instructor

This course provides a comprehensive study of the anatomy and physiology of the human body. Topics include body organization, homeostasis, cytology, histology, and the integumentary, skeletal, muscular, and nervous systems and special senses. Upon completion, students should be able to demonstrate an in-depth understanding of principles of anatomy and physiology and their interrelationships. This course has been approved for transfer under the CAA and ICAA as a premajor and/or elective course requirement.

BIO 169 Anatomy & Physiology II

Prerequisites: BIO 168

This course provides a continuation of the comprehensive study of the anatomy and physiology of the human body. Topics include the endocrine, cardiovascular, lymphatic, respiratory, digestive, urinary, and reproductive systems as well as metabolism, nutrition, acid-base balance, and fluid and electrolyte balance. Upon completion, students should be able to demonstrate an in-depth understanding of principles of anatomy and physiology and their interrelationships. This course has been approved for transfer under the CAA and ICAA as a premajor and/or elective course requirement.

BUS 280 REAL Small Business

This course introduces hands-on techniques and procedures for planning and opening a small business, including the personal qualities needed for entrepreneurship. Emphasis is placed on market research, finance, time management, and day-to-day activities of owning/operating a small business. Upon completion, students should be able to write and implement a viable business plan and seek funding.

COM 120 Intro Interpersonal Com

This course introduces the practices and principles of interpersonal communication in both dyadic and group settings. Emphasis is placed on the communication process, perception, listening, self-disclosure, speech apprehension, ethics, nonverbal communication, conflict, power, and dysfunctional communication relationships. Upon completion, students should be able to demonstrate interpersonal communication skills, apply basic principles of group discussion, and manage conflict in interpersonal communication situations. This course has been approved for transfer under the CAA and ICAA as a premajor and/or elective course requirement.

COM 231 Public Speaking

This course provides instruction and experience in preparation and delivery of speeches within a public setting and group discussion. Emphasis is placed on research, preparation, delivery, and evaluation of informative, persuasive, and special occasion public speaking. Upon completion, students should be able to prepare and deliver well-organized speeches and participate in group discussion with appropriate audiovisual support. This course has been approved for transfer under the CAA and ICAA as a general education course in English Composition.

ENG 111 Writing and Inquiry

Prerequisites: DRE 098

This course is designed to develop the ability to produce clear writing in a variety of genres and formats using a recursive process. Emphasis includes inquiry, analysis, effective use of rhetorical strategies, thesis development, audience awareness, and revision. Upon completion, students should be able to produce unified, coherent, well-developed essays using standard written English. This course has been approved for transfer under the CAA and ICAA as a general education course in English Composition.

ENG 115 Oral Communication

This course introduces the basic principles of oral communication in both small group and public settings. Emphasis is placed on the components of the communication process, group decision-making, and public address. Upon completion, students should be able to demonstrate the principles of effective oral communication in small groups and public settings.

**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.

MAT 152 Statistical Methods I

Prerequisites: DMA-010, DMA-020, DMA-030, DMA-040, DMA-050, and DRE-098

This course provides a project-based approach to introductory statistics with an emphasis on using real-world data and statistical literacy. Topics include descriptive statistics, correlation and regression, basic probability, discrete and continuous probability distributions, confidence intervals and hypothesis testing. Upon completion, students should be able to use appropriate technology to describe important characteristics of a data set, draw inferences about a population from sample data, and interpret and communicate results. This course has been approved for transfer under the CAA and ICAA as a general education course in Mathematics (Quantitative).

MAT 171 Precalculus Algebra

Prerequisites: Take One Set:

Set 1: DMA-010, DMA-020, DMA-030, DMA-040, DMA-050, DMA-060, DMA-070, and DMA-080

Set 2: DMA-010, DMA-020, DMA-030, DMA-040, DMA-050, and DMA-065

Set 3: MAT-121

This course is designed to develop topics which are fundamental to the study of Calculus. Emphasis is placed on solving equations and inequalities, solving systems of equations and inequalities, and analysis of functions (absolute value, radical, polynomial, rational, exponential, and logarithmic) in multiple representations. Upon completion, students should be able to select and use appropriate models and techniques for finding solutions to algebra-related problems with and without technology. This course has been approved for transfer under the CAA and ICAA as a general education course in Mathematics (Quantitative).

PED 113 Aerobics 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. This course has been approved for transfer under the CAA and ICAA as a premajor and/or elective course requirement.

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.

PED 122 Yoga

This course introduces the basic discipline of yoga. Topics include proper breathing, relaxation techniques, and correct body positions. Upon completion, students should be able to demonstrate the procedures of yoga.

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 118 Fitness Facility Mgmt

This course provides information about the management and operation of health and fitness facilities and programs. Topics include human resources, sales and marketing, member retention, financial management, facility design and maintenance, and risk management. Upon completion, students should be able to demonstrate the knowledge and skills necessary to effectively manage a fitness facility.

**HFS 120 Group Exer Instruction**

Prerequisites: HFS 110

This course introduces the concepts and guidelines of instructing exercise classes. Topics include program designs, working with special populations, and principles of teaching and monitoring physical activity. Upon completion, students should be able to demonstrate basic skills in instructing an exercise class and monitoring workout intensity.

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.

HFS 211 Fitness & Exer Testing II

Prerequisites: HFS 110 and HFS 111

This is an advanced course in graded exercise testing. Topics include various exercise testing protocols for physical fitness and cardiorespiratory fitness with methods for prescribing exercise programs based on exercise test results. Upon completion, students should be able to conduct specific exercise tolerance tests using a variety of equipment and protocols.

HFS 212 Exercise Programming

Prerequisites: HFS 110

This course provides information about organizing, scheduling, and implementation of physical fitness programs. Topics include programming for various age groups, competitive activities and special events, and evaluating programs. Upon completion, students should be able to organize and implement exercise activities in a competent manner.

HFS 214 Health and Fitness Law

This course is designed to build a greater awareness and understanding of laws and legal issues encountered in the health and fitness industry. Topics include federal/state regulations, historical/current practices, risk management, torts, employment, discrimination, contracts, waivers, health/fitness screening, client confidentiality, facility safety, equipment liability, and emergency procedures. Upon completion, students should be able to demonstrate an understanding of the legal system to prevent or minimize liability in a fitness setting.

HFS 218 Lifestyle Changes & Wellness

This course introduces health risk appraisals and their application to lifestyle changes. Topics include nutrition, weight control, stress management, and the principles of exercise. Upon completion, students should be able to conduct health risk appraisals and apply behavior modification techniques in a fitness setting.

PSY 150 General Psychology

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.