



Health
Sciences

HEALTH AND FITNESS SCIENCE

ABOUT THE PROGRAM

Central Carolina Community College's Health and Fitness Science program prepares multi-skilled fitness professionals to be qualified to perform various skills in the health and fitness industry. Classes include an overview on physiology, anatomy and kinesiology as well as credentials offered in CPR, First Aid, Group Exercise, Health Coach and Personal Training. Graduates of the Health and Fitness Science program will be required to sit for the American Council on Exercise (ACE) Personal Trainer, Group Exercise, and Health Coach Certification exams before graduation. Graduates may also be eligible to sit for a variety of other examinations that pertain to the health and fitness industry.



CCCC Career Community

Students interested in Health Sciences like to help people feel better. They can work independently, but prefer to work in groups or teams. They are detail-oriented, compassionate, and think critically to solve problems. They work well in stressful situations and do not get queasy around blood or bodily fluids. Graduates find jobs working in medical or wellness environments.

R I A S X E X C



Possible Employment In Industry

Other Amusement and Recreation Industries
Executive, Legislative, and Other General
Government Support
Other Schools and Instruction
Continuing Care Retirement Communities and
Assisted Living Facilities for the Elderly



Top Employers In Region

YMCA of the Triangle Area
City of Raleigh
Town of Cary
City of Durham
Salvation Army



Occupational Statistics

Median Salary: USA \$45,380
Median Salary: NC \$46,130
Median Salary: Region \$37,500



CENTRAL CAROLINA
COMMUNITY COLLEGE

www.cccc.edu



Degrees

Associate in Applied Science in Health and Fitness Science (A45630; Lee Main Campus and Chatham Health Sciences Center - Day) - five semesters (summer included)



Diplomas

Diploma in Health and Fitness Science (D45630; Lee Main Campus and Chatham Health Sciences Center - Day) - three semesters (summer included)



Certificates

Short-term: See CCCC website for numerous Health and Medical training opportunities <https://www.cccc.edu/ecd/short-term-training/health-occupations/>



Transfer Options

Yes, limited. Contact the Department Chair to discuss transfer options.



Additional Program Costs

Certification Exam(s) - varied



State Licensure/Exams/ Industry Certifications

American Council on Exercise (ACE) Personal Trainer, Group Exercise Trainer, and Health Coach Certifications



Additional Admissions Process

None



Skills In Demand For Program And Industry

Microsoft Office Suite
Working with Children
Personal Training
Cash Handling (Cashier)
Vital Signs



Work-Based Learning Information

None



To find all program planning guides, contact information, and more, scan the QR code or visit www.cccc.edu/programs