



**Career and Technical Education Pathway  
Arts and Sciences  
Health and Fitness Science**

**Introduction to Health and Fitness Science Certificate**

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 and facilities. According to the Bureau of Labor Statistics (2012), there are currently 267,000 jobs in the field with an average of 33,500 anticipated to be added over the next few years.

<b>CORE COURSES</b>			
Course Prefix/Num	Course Title		
<a href="#">BIO 168*</a>	Anatomy and Physiology I	4	SHC
<a href="#">BIO 169*</a>	Anatomy and Physiology II	4	SHC
<a href="#">HEA 112**</a>	CPR & First Aid	2	SHC
<a href="#">HFS 110**</a>	Exercise Science	4	SHC
<b>Total SHC for Core Courses:</b>		<b>14</b>	<b>SHC</b>
<b>OTHER MAJOR COURSES</b>			
Course Prefix/Num	Course Title		
<a href="#">PED 110</a>	Fit and Well for Life	2	SHC
<a href="#">PED 122</a>	Yoga I	1	SHC
<a href="#">PED 217</a>	Pilates I	1	SHC
<b>Total SHC for Other Major Courses:</b>		<b>4</b>	<b>SHC</b>
<b>Total SHC for Program</b>		<b>18</b>	

\* Requires a 2.8 unweighted high school GPA or qualifying benchmark test scores.

\*\* Requires Health and Fitness Science Program Uniform- additional cost associated.

**Estimated Costs:**

Textbooks:	\$200-300 a semester depending on the course
Uniforms:	up to \$350
Consumable Supplies:	up to \$300
Background check and drug screen:	\$70
Immunizations:	up to \$220
ACE Certification:	\$400
Health Physical Exam:	\$220