

2025 - 2026 Health and Fitness Science

Associate in Applied Science Degrees

MULTIPLE LOCATIONS

VARIED SEMESTER LENGTHS

NUMEROUS PROGRAMS

FINANCIAL AID



Scan Code for program page online





Courses requiring a grade of "C" or better: ACA, BIO, HEA, HFS, and WBL

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 and facilities.

Graduates should qualify for employment opportunities in commercial fitness clubs, YMCAs/YWCAs, wellness programs in business and industry, Parks & Recreation Departments and other organizations implementing exercise & fitness programs.

Total Cost Estimate

Tuition per Semester (NC Resident) \$1,216.00 (16+ credit hours)
\$76.00/credit hour (1-15 hours)

Computer Use and Technology Fee \$48/semester

Activity Fee Fall and Spring semesters only,
Main campus and Online, \$35.00

CAPS Fee (Campus Access, Parking and Security) \$20/semester

Matriculation Fee \$10/semester

Student Insurance \$2/Semester

Additional Fees including books may incur, please check A-B Tech website for more detail:

<https://abtech.edu/program/health-and-fitness-science-aas-cost-estimate>

Have you applied for Financial aid? Please visit A-B Tech website for instructions:
<https://abtech.edu/future-students/financial-aid/applying-aid>

For More Information:

Contact Rhonda Davidson by email at rhondalidavidson@abtech.edu or by phone at 828-398-7843

Career Opportunities Health & Fitness

A.A.S. Degree National Salary Range: \$45,380 - \$80,333
Local Salary Range: \$45,760 - \$72,690

Salaries may vary based on size of business and other factors.

	Course Prefix	Course Name	Credit Hours
First Semester (Fall)	ACA 115	Success & Study Skills	1
	ENG 111	Writing and Inquiry	3
	HFS 110	Exercise Science	4
	HFS 116	Pvnt & Care Exer Injuries	3
	MAT 143	Quantitative Literacy or higher	3
	PED 110	Fit and Well for Life	2
Second Semester (Spring)	BIO 155	Nutrition	3
	BIO 168	Anatomy & Physiology I	4
	COM 231	Public Speaking	3
	HFS 111	Fitness & Exer Testing I	4
		PED Elective	1
Third Semester (Summer)	PSY 150	General Psychology	3
	HUM 115	Critical Thinking	3
Fourth Semester (Fall)	BIO 169	Anatomy & Physiology II	4
	BUS 137	Principles of Management	3
	HEA 112	First Aid and CPR	2
	HFS 118	Fitness Facility Mgmt	4
	HFS 218	Lifestyle Chng & Wellness	4
Fifth Semester (Spring)	HFS 114	Phys Fit Theory & Instr	4
	HFS 120	Group Exercise Instruction	3
	HFS 210	Personal Training	3
	HFS 212	Exercise Programming	3
	WBL 111	Work-Based Learning	1
		PED Elective	1
Program Totals:			69

PED Elective: PED 117, PED 118, PED 119, PED 122, PED 217

NOTE: Graduates of the Health and Fitness Science program will be required to sit for the American Council on Exercise Personal Trainer Certification Exam before graduation. Graduates may also be eligible to sit for a variety of other examinations that pertain to the health and fitness industry.

Certificate Available:

Group Fitness Instructor Certificate

For more information, please visit:

<https://abtech.edu/health-and-fitness>