

HEALTH, FITNESS and NUTRITION – M115

A.S. in Health and Fitness

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COURSE TITLE	COURSE NUMBER	PREREQUISITES	CREDITS	SEMESTER TAKEN	GRADE
GENERAL EDUCATION REQUIREMENTS			35-36		
Language and Literature I	ENG 101	Appropriate score on Placement Tests, or C- or better in ENG 097 and ENG 098, or C- or better in ENG 096 or ENG 099	3		
Language and Literature II	ENG 102	ENG 101	3		
Anatomy and Physiology I (D)	BIO 217	A “C” grade or better in BIO 100 (including lab) or BIO 103 or a passing grade on the challenge exam.	4		
Anatomy and Physiology II (D)	BIO 218	BIO 217	4		
Introduction to Psychology (B)	PSY 110	Eligibility for ENG 101	3		
Introduction to Sociology (B)	SOC 110	Eligibility for ENG 101	3		
Social Science Elective (B)			3		
Introduction to Communication (C)	COM 121		3		
Clear Thinking/Sound Reasoning (C) or Ethics (C)	PHI 103 PHI 120		3		
Humanities Elective (C)			3		
Math Elective (D)			3-4		
PROGRAM REQUIREMENTS			19		
Introduction to Health and Fitness (Fall)	HFN 172		2		
Biomechanics of Human Movement (Fall)	HFN 177	BIO 100 or BIO 103 or BIO 111 or BIO 217	3		
Introduction to Nutrition	NTR 101	Eligibility for ENG 101	3		
Motor Learning Principles and Practices (Fall)	HFN 120		3		
Physiology of Exercise (Spring)	HFN 176	BIO 217	4		
First Aid and CPR or Sports First Aid	HFN 103 HFN 104	Students can not receive credit for both HFN 104 and HFN 103	1		
Fitness Professional Seminar Field Experience (Spring)	HFN 190	PER 134, PER 172, or PER 183	3		
PROGRAM ELECTIVES ¹ (Students must take three 3-credit courses and three 1-credit courses from HFN with a designation)			12		
HFN Elective			3		
HFN Elective			3		
HFN Elective			3		
HFN Elective			1		
HFN Elective			1		
HFN Elective			1		
Total Credits			67		

PROGRAM OVERVIEW

The Associate in Science Degree in Health, Fitness and Nutrition provides a sound academic foundation for the student who wants to pursue a career in health and fitness or possibly transfer to a 4-year physical education/exercise science program. Program electives allow the student to focus in a particular area of interest in the field of health and fitness.

NOTES:

¹ Students wishing to select non-HFN elective options should seek approval from the department Chair.

This program qualifies for MassTransfer, which guarantees credit transfer to Massachusetts state colleges universities. MassTransfer also will grant students automatic acceptance to certain state colleges and universities by achieving the minimum grade point average and the HCC degree.