

**HEALTH AND FITNESS SPECIALIST CERTIFICATE – M100**

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COURSE TITLE	COURSE NUMBER	PREREQUISITES	CREDITS	SEMESTER TAKEN	GRADE
<b>GENERAL EDUCATION REQUIREMENTS</b>			<b>25</b>		
Anatomy & Physiology I	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 & Physiology II	BIO 218	BIO 217	4		
Standard First Aid and Personal Safety/CPR <u>or</u> Sports First Aid	HFN 103 HFN 104		1		
Leadership in Recreation, Fitness and Sport	HFN 171		3		
Physiology of Exercise (Spring)	HFN 176	BIO 217	4		
Biomechanics of Human Movement (Fall)	HFN 177	BIO 100 or BIO 103 or BIO 111 or BIO 217	3		
Fitness Professional Seminar/Internship <sup>1</sup> (Spring)	HFN 190	PER 134, PER 172, or PER 183	3		
Introduction to Nutrition	NTR 101	Eligibility for ENG 101	3		
<b>PROGRAM ELECTIVES (Select two from the following courses)</b>			<b>6</b>		
Exercise in Health & Disease	HFN 170		3		
Prevention, Assessment and Care of Sport/Fitness Injuries	HFN 178		3		
Current Issues in Fitness	HFN 179		3		
<b>Select two from the following courses:</b>			<b>2-6</b>		
Sports Supplementation	HFN 106		1		
PACE (People With Arthritis Can Exercise)	HFN 108	HFN 134 or HFN 183, or HFN 180 and HFN 181 or Industry Certification in Group Exercise or Personal Training or permission of instructor or department chair	1		
Yoga Fitness Leader	HFN 109		3		
Introduction to Wellness/Fitness	HFN 131		1		
Group Exercise: Aerobics, Steps and More	HFN 133		1		
Beginning Yoga	HFN 145		1		
Managing Stress	HFN 150		1		
Martial Arts	HFN 160		1		
Physical Conditioning I	HFN 180		1		
Physical Conditioning II	HFN 181		1		
Physical Conditioning III	HFN 182		1		
Principles and Practices of Strength Training	HFN 185	HFN 183 or HFN 134 or BIO 217	3		
Exercise in Health and Disease	HFN 170		3		
Current Issues in Sports and Fitness	HFN 179		3		
Nutrition Throughout the Lifecycle	NTR 201	NTR 101	3		
<b>Total Credits</b>			<b>33-37</b>		

**PROGRAM OVERVIEW**  
The Health and Fitness Specialist Certificate program prepares the student for a variety of employment opportunities within the health and fitness industry. Credits from the certificate program are transferable into the two year Associate of Science Degree program at HCC.

NOTES:

<sup>1</sup> HFN190 should be taken as one of the final classes in this program.