

HEALTH AND FITNESS SPECIALIST CERTIFICATE – M100

CONTACT

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PROGRAM OVERVIEW

The Health and Fitness Specialist Certification 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 Associate of Science Degree program at HCC or other academic institutions.

Upon completion of this program, the student will be able to:

- Define the roles and responsibilities of the exercise leader
- Identify and discuss the components of fitness and explain how they relate to wellness
- Describe and discuss human movement from physiological and biomechanical perspectives

NOTES

¹HFN 190 should be taken as one of the final classes in this program.

- Define and discuss ACSM (American College of Sports Medicine) guidelines for fitness programs
- Discuss exercise programming considerations for populations with medical concerns and explain basic emergency medical care
- Demonstrate proficiency in technical skills related to exercise science and/or nutrition
- Demonstrate proficiency in interpersonal communication skills
- Meet objectives required for successful completion of national certification exams when appropriate.

Students who are seriously considering pursuing a degree program are encouraged to take BIO 217 Anatomy and Physiology I (has pre-requisite of BIO 100, 103, or 107 of C or better) and BIO 218 Anatomy and Physiology II in place of BIO 111 as they will be required for a degree program.

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COURSE TITLE	COURSE NUMBER	PREREQUISITES	CREDITS
PROGRAM REQUIREMENTS			23
Human Biology (E)	BIO 111		4
First Aid /Safety or Sports First Aid	HFN 103 HFN 104	Students can not receive credit for both HFN 103 and HFN 104	1
Sports Supplements	HFN 106		1
Physical Conditioning I	HFN 180		1
Health and Wellness Counseling	HFN 188		3
Fitness Pro Seminar/Internship ¹	HFN 190	HFN 134, HFN 172, or HFN 183 or with permission of instructor.	3
Biomechanics of Human Movement	HFN 277	BIO 100 or BIO 103 or BIO 107 or BIO 111 or BIO 217	3
Physiology of Exercise	HFN 276	BIO 217	4
Introduction to Nutrition	NTR 101	Eligibility for ENG 101	3
CONCENTRATION OPTIONS (See Program Electives)			
Healthy Living Coaching		Courses needed to complete this concentration. HFN 115 and NTR 230	
Group Exercise Leader		Courses needed to complete this concentration. HFN 134 and HFN 183	
Firefighter Fitness Training		Choose 2 of the 3 courses to complete this concentration. HFN 134 or HFN 183 or HFN 184	
Personal Trainer/Fitness Counselor		Courses needed to complete this concentration. HFN 183 and HFN 185	
PROGRAM ELECTIVES <i>Select 2 from the following courses:</i>			6
Healthy Living	HFN 115		3
Nutrition Science for Nutrition Majors	NTR 230	BIO 100, BIO 107, BIO 217 Prerequisite or Corequisite: CHM 221	3
Leading Group Exercise	HFN 134		3
Personal Trainer and Fitness Counseling	HFN 183		3
Principles and Practice of Strength Training	HFN 185	HFN 183 or HFN 134 or BIO 217	3
Firefighter Fitness Trainer	HFN 184		3
Total Credits			29