

# CURRICULUM STANDARD

Effective Term  
Fall 2010  
[2010\*03]

Curriculum Program Title

**Health and Fitness Science**

Code

**A45630**

Concentration

**(not applicable)**

## ***Curriculum Description***

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, YMCA' s/YWCA' s, wellness programs in business and industry, Parks & Recreation Departments and other organizations implementing exercise & fitness programs.

## ***Curriculum Requirements\****

*[for associate degree, diploma, and certificate programs in accordance with 23 NCAC 02E.0204(3)]*

- I. General Education.** Degree programs must contain a minimum of 15 semester hours including at least one course from each of the following areas: humanities/fine arts, social/behavioral sciences, and natural sciences/mathematics. Degree programs must contain a minimum of 6 semester hours of communications. Diploma programs must contain a minimum of 6 semester hours of general education; 3 semester hours must be in communications. General education is optional in certificate programs.
- II. Major Hours.** AAS, diploma, and certificate programs must include courses which offer specific job knowledge and skills. Work experience, including cooperative education, practicums, and internships, may be included in associate in applied science degrees up to a maximum of 8 semester hours of credit; in diploma programs up to a maximum of 4 semester hours of credit; and in certificate programs up to a maximum of 2 semester hours of credit. *(See second page for additional information.)*
- III. Other Required Hours.** A college may include courses to meet graduation or local employer requirements in a certificate, diploma, or associate in applied science program. These curriculum courses shall be selected from the Combined Course Library and must be approved by the System Office prior to implementation. Restricted, unique, or free elective courses may not be included as other required hours.

|  | <b>AAS</b>   | <b>Diploma</b> | <b>Certificate</b> |
|--|--------------|----------------|--------------------|
| Minimum General Education Hours          | 15           | 6              | 0                  |
| Minimum Major Hours                      | 49           | 30             | 12                 |
| Other Required Hours                     | 0-7          | 0-4            | 0-1                |
| <b>Total Semester Hours Credit (SHC)</b> | <b>64-76</b> | <b>36-48</b>   | <b>12-18</b>       |

*\*Within the degree program, the institution shall include opportunities for the achievement of competence in reading, writing, oral communication, fundamental mathematical skills, and basic use of computers.*

## *Major Hours*

[ref. 23 NCAC 02E.0204 (3)]

- A. Core.** The subject/course core is comprised of subject areas and/or specific courses which are required for each curriculum program. A diploma program offered under an approved AAS program standard or a certificate which is the highest credential level awarded under an approved AAS program standard must include a minimum of 12 semester hours credit derived from the subject/course core of the AAS program.
- B. Concentration** (*if applicable*). A concentration of study must include a minimum of 12 semester hours credit from required subjects and/or courses. The majority of the course credit hours are unique to the concentration. The required subjects and/or courses that make up the concentration of study are in addition to the required subject/course core.
- C. Other Major Hours.** Other major hours must be selected from prefixes listed on the curriculum standard. A maximum of 9 semester hours of credit may be selected from any prefix listed, with the exception of prefixes listed in the core or concentration. Work experience, including cooperative education, practicums, and internships, may be included in associate in applied science degrees up to a maximum of 8 semester hours of credit; in diploma programs up to a maximum of 4 semester hours of credit; and in certificate programs up to a maximum of 2 semester hours of credit.

### Health and Fitness Science A45630

|  | AAS           | Diploma       | Certificate   |
|--|---------------|---------------|---------------|
| <b>Minimum Major Hours Required</b>  | <b>49 SHC</b> | <b>30 SHC</b> | <b>12 SHC</b> |
| <b>A. CORE</b><br><br><b>Required Courses:</b><br>HEA 112 CPR & First Aid 2 SHC<br>PSF110 Exercise Science 4 SHC<br>PSF 111 Fitness & Exercise Testing I 4 SHC<br>PSF 114 Physical Fitness Theory & Instruction 4 SHC<br>PSF 116 Prevention & Care of Exercise Related Injuries 3 SHC<br>PSF 120 Group Exercise Instruction 3 SHC<br>PSF 210 Personal Training 3 SHC<br>PSF 212 Exercise Programming 3 SHC<br>PSF 218 Lifestyle Changes/Wellness 4 SHC<br><br><b>Required Subject Areas:</b><br>BIO 155 Nutrition 3 SHC<br>BIO 168 Anatomy & Physiology I 4 SHC<br>BIO 169 Anatomy & Physiology II 4 SHC | <b>41 SHC</b> | <b>NR</b>     | <b>16 SHC</b> |
| <b>B. CONCENTRATION</b> ( <i>Not applicable</i> )  |               |               |               |
| <b>C. OTHER MAJOR HOURS</b><br><i>To be selected from the following prefixes:</i><br><br>BIO, BUS, COE, CIS, DAN, HEA, MUS, PED, PSF, PSY, RSM,<br>and SOC<br><br><i>Foreign language courses (including ASL) that are not designated as approved other major hours may be included in all programs up to a maximum of 3 semester hours of credit.</i>   |               |               |               |