

HEALTH AND FITNESS EDUCATION

Program Overview

The Health and Fitness Education (HFE) Department at MCC provides two levels of credentials designed to prepare and/or enhance your preparation for new and/or existing health-fitness careers. The Fitness Instructor Training (FIT) certificate is a great starting point and includes 24 credit hours that can be completed in as little as three consecutive semesters. If you are looking for an actual degree, the AAS in HFE can be completed in as little as two years. You will find great flexibility with both of these programs, as all of the courses found in the FIT certificate can be applied to the AAS in HFE. Many students will gain employment after receiving the FIT certificate and continue working towards their degree.

What is a health-fitness professional?

Health-fitness professionals hold a variety of positions including personal fitness trainer, small-group exercise instructor, exercise testing and prescription technician, and strength and conditioning coach. Health-fitness management positions include personal training manager, fitness manager, and supervisor of wellness services. An additional, new and emerging professional area is known as life coaching or wellness coaching.

What is the job outlook for health-fitness professionals?

Sufficient evidence exists supporting the need for health-fitness professionals. Data compiled by the MCC Office of

Institutional Research and Planning reflects a 15.4 percent annual employment growth rate for health fitness professionals within McHenry County. A 16.6 percent annual employment growth rate exists at the state level. Furthermore, the U.S. Department of Labor Occupational Outlook Handbook suggests that overall employment of fitness workers is expected to grow "faster than average" for years to come. Additionally, Time Magazine specifically ranked fitness as one of the top ten growth industries forecast for the next 5-10 years.

What about getting certified?

Our curricula utilize learning resources from the American College of Sports Medicine (ACSM), the National Strength and Conditioning Association (NSCA), the National Academy of Sports Medicine (NASM), and other national governing bodies. Therefore, as you complete your coursework, you are also preparing for your choice of a number of national certifications. The majority of our students choose to sit for, and successfully complete, one or more of these certifications by the time their coursework is finished.

The primary purpose of an Associate in Applied Science degree is to prepare students for employment. The AAS degree is not designed specifically for transfer; however, there are opportunities to apply some coursework or the whole degree to a Bachelor degree program. For more information, see an academic advisor and the Dean of Education.

Requirements for the Associate in Applied Science (AAS) in Health and Fitness Education

Curriculum: OCC 341	Credit Hours		
General Education Core			
Communications 2 courses required	6	(3) ENG 151 Composition I (3) SPE 151 Intro to Speech	
Humanities 1 course	3	(3) PHI 251 Intro to Ethics or (3) PHI 151 Intro to Philosophy	
Mathematics, Physical, or Life Sciences 1 course BIO 157, 260, or 263 recommended	4	(4) BIO 110 Intro to Human Biology (4) BIO 157 Fundamentals of Biology (4) BIO 255 Microbiology	(5) BIO 260 Human Anatomy & Physiology (4) BIO 263 Human Anatomy & Physiology I
Social and Behavioral Sciences 1 course	3	(3) PSY 151 Intro to Psychology or (3) SOC 151 Intro to Sociology	
Program Core	30	(3) HFE 150 Contemporary Health Issues (2) HFE 151 First Aid & CPR (1) HFE 170 Fitness Professions (3) HFE 171 Exercise Science I (2) HFE 176 Strength & Conditioning Principles (3) HFE 250 Nutrition for Wellness	(3) HFE 251 Drugs in a Contemporary Society (3) HFE 270 Exercise Testing & Program Design (3) HFE 271 Exercise Science II (2) HFE 278 Application of Fitness Instruction (2) HFE 279 HFE Internship (3) SPE 155 Interpersonal Communication

Please select one of the following options: HEALTH-FITNESS INSTRUCTION OR HEALTH-FITNESS MANAGEMENT (14 credit hours required)			
Health-Fitness Instruction Option Choose 14 credit hours	14	(5) BIO 260 Human Anatomy & Physiology or (4) BIO 263 Human Anatomy & Physiology I (3) BUS 110 Business Career Skills (2) CIS 110 Computer Literacy (1) HFE 103 Karate/Self-Defense I (1) HFE 120 Physical Fitness (1) HFE 121 Strength Training I (3) HFE 152 Women's Health Issues	(2) HFE 175 Group Exercise Principles (2) HFE 202 Lifeguard Training (1) HFE 221 Strength Training II (3) HFE 255 Stress Management (1-3) HFE 290 Topics in HFE (3) MKT 130 Professional Selling (1) MKT 134 Committing to Customer Service (3) PSY 250 Human Development Over the Life Span (3) PSY 251 Child Psychology
Health-Fitness Management Option Choose 14 credit hours	14	(3) BUS 150 Intro to Business (3) BUS 220 Human Relations & Team Building (3) BUS 241 Legal Environment of Business (3) IMT/MGT 110 Supervisory Responsibility (3) MGT 150 Principles of Management	(3) MGT 205 Creative Leadership (3) MGT 210 Human Resources Management (3) MKT 110 Principles of Marketing (3) MKT 130 Professional Selling (1) MKT 134 Committing to Customer Service
Total Degree Credits	60		

Other AAS Graduation Requirements:

- 2.0 minimum cumulative G.P.A. at MCC upon completion of program
- 15 semester hours of program specific coursework taken at MCC
- Completion of the Application for Graduation process (and fee)
- Completion of end-of-program assessment as designated by this department

Requirements for the Fitness Instructor Training Certificate

Curriculum: OCC 340	Credit Hours		
Program Core	21	(3) HFE 150 Contemporary Health Issues (2) HFE 151 First Aid & CPR (1) HFE 170 Fitness Professions (3) HFE 171 Exercise Science I (3) HFE 250 Nutrition for Wellness	(3) HFE 270 Exercise Testing & Program Design (3) HFE 271 Exercise Science II (2) HFE 278 Application of Fitness Instruction (1) HFE 279 HFE Internship
Program Electives Choose 3 credit hours	3	(3) BUS 150 Intro to Business (2) CIS 110 Computer Literacy (1) HFE 120 Physical Fitness (1) HFE 121 Strength Training I (2) HFE 175 Group Exercise Principles (2) HFE 176 Strength & Conditioning Principles	(1) HFE 221 Strength Training II (3) HFE 255 Stress Management (1-3) HFE 290 Topics in HFE (3) MGT 205 Creative Leadership (3) PSY 151 Intro to Psychology (3) PSY 250 Human Development Over the Life Span
Total Certificate Credits	24		

Other Certificate Graduation Requirements:

- 2.0 minimum cumulative G.P.A. at MCC upon completion of program
- For certificates of less than 12 credit hours, **all** required credits must be completed through MCC coursework. For all other certificates, one-half of the minimum credit hours required must be completed through MCC coursework
- Completion of the Application for Graduation process (and fee)

For more information, contact:

Dean of Education, (815) 479-7572