

## 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 preparation for new and/or existing health-fitness careers. The Fitness Instructor Training (FIT) certificate is a great starting point and includes 28 credit hours that can be completed in as little as three consecutive semesters. For those seeking 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.

Health-fitness professionals hold a variety of positions including personal fitness trainer, small-group exercise instructor, exercise testing and prescription technician, and fitness/exercise instructor. 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 fitness or wellness coaching.

### Job Outlook

According to the U.S. Bureau of Labor Statistics, the occupation of Fitness Trainer and Instructors is expected to

grow by 24 percent between 2012 and 2020 nationwide. A 16.6 percent annual employment growth rate exists at the state level. Time magazine recently ranked fitness as one of the top 10 growth industries for the next five to 10 years.

### Certifications

The MCC curriculum incorporates 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. As students complete coursework, they are also preparing for a variety of national certifications. Most students choose to pursue at least one of these certifications before they graduate, making themselves more marketable in the field.

For more information, visit: [www.mchenry.edu/hfe](http://www.mchenry.edu/hfe)

**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's degree program. For more information, see an academic advisor and the FIT program advisor/department chair.**

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

Curriculum: OCC 341	Credit Hours		
<b>General Education Core</b>			
<b>Communications</b> 2 courses	6	(3) ENG 151 Composition I (3) SPE 151 Intro to Speech	
<b>Humanities &amp; Fine Arts, Social &amp; Behavioral Sciences</b> Select 1 course from Humanities & Fine Arts <b>and</b> 1 course from Social & Behavioral Sciences	6	<b>Humanities &amp; Fine Arts</b> <i>Select one course from the following:</i> (3) PHI 251 Intro to Ethics (3) PHI 151 Intro to Philosophy	<b>Social &amp; Behavioral Sciences</b> <i>Select one course from the following:</i> (3) ANT 151 Intro. to Anthropology (3) ANT 170 Intro. to Cultural Anthropology (3) SOC 151 Intro. to Sociology (3) SOC 251 Social Problems
<b>Mathematics, Physical or Life Sciences, Technology</b> Select 1 course from Physical or Life Sciences	4	<b>Physical or Life Sciences</b> (4) BIO 110 Intro to Human Biology (4) BIO 157 Fundamentals of Biology (4) BIO 255 Microbiology	(4) BIO 263 Human Anatomy & Physiology I
<b>Program Core</b>	33	(1) HFE 121 Strength Training I (3) HFE 150 Contemporary Health Issues <b>or</b> (3) HFE 255 Stress Management (2) HFE 151 First Aid & CPR (2) HFE 170 Fitness Professions (3) HFE 171 Exercise Science I (2) HFE 175 Group Exercise Principles (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 (1-2) HFE 279 HFE Internship (3) PSY 151 Intro. to Psychology

<b>Please select one of the following options: Health-Fitness Instruction or Health-Fitness Management</b> (14 credit hours required)			
<b>Health-Fitness Instruction Option</b> Maximum of 3, 1 credit activity classes	14	(4) BIO 263 Human Anatomy & Physiology I (3) BUS 110 Business Career Skills (3) CDM 110 Computer Literacy for Windows (1) HFE 103 Martial Arts/Self-Defense I (1) HFE 105 Yoga I (1) HFE 120 Physical Fitness (3) HFE 152 Women's Health Issues (3) HFE 161 Personal Fitness (2) HFE 202 Lifeguard Training	(1) HFE 221 Strength Training II (3) HFE 252 Issues in Family Violence (3) HFE 260 Exercise Psychology and Motivation (3) HFE 280 Health Coaching (1-3) HFE 290 Topics in HFE (3) MKT 130 Professional Selling (3) PSY 250 Human Development Over the Life Span (3) PSY 251 Child Psychology
<b>Health-Fitness Management Option</b>	14	(3) BUS 150 Intro to Business (3) BUS 220 Human Relations & Team Building (3) BUS 241 Legal Environment of Business (3) HFE 260 Exercise Psychology and Motivation (2) HFE 280 Health Coaching	(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
<b>Total Degree Credits</b>	63		

**Other AAS Graduation Requirements:**

- 2.0 minimum cumulative GPA at MCC upon completion of program
- 15 semester hours of program-specific coursework taken at MCC
- Completion of Graduation application
- Completion of end-of-program assessment as directed by this department

**Requirements for the Fitness Instructor Training Certificate**

<b>Curriculum: OCC 340</b>	<b>Credit Hours</b>		
<b>Program Core</b>	25	(1) HFE 121 Strength Training I (3) HFE 150 Contemporary Health Issues <b>or</b> (3) HFE 255 Stress Management (2) HFE 151 First Aid & CPR (2) HFE 170 Fitness Professions (3) HFE 171 Exercise Science I (2) HFE 175 Group Exercise Principles (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
<b>Program Electives 3 credit hours</b>	3	(3) BUS 150 Intro to Business (3) CDM 110 Computer Literacy for Windows (1) HFE 105 Yoga I (1) HFE 120 Physical Fitness (2) HFE 176 Strength & Conditioning Principles (1) HFE 221 Strength Training II (3) HFE 252 Issues in Family Violence	(3) HFE 260 Exercise Psychology and Motivation (3) HFE 280 Health Coaching (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
<b>Total Certificate Credits</b>	28		

For more information, visit: [www.mchenry.edu/fit](http://www.mchenry.edu/fit)

**Other Certificate Graduation Requirements:**

- 2.0 minimum cumulative GPA 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 graduation application
- For more information, contact the department chair: (815) 455-8534.**