

Health, Fitness and Exercise Studies Associate Degree Requirements

Total credit hours: Minimum of 62

Courses:

- BIO 101 – Fundamentals of Biology
- BIO 135 – Principles of Nutrition or
BIO 136 – Principles of Nutrition and Laboratory
- BIO 233, 234 – Anatomy and Physiology 1, 2
- COM 111 – Fundamentals of Oral Communication or
COM 116 – Fundamentals of Oral Communication for Non-Native Speakers
- ENG 111, 112 – Composition and Introduction to Literature 1, 2 or
ENG 115, 116 – Composition and Introduction to Literature for Non-Native Speakers 1, 2 or
ENG 121 – Composition and Literature
- HEA 100 – Assessment and Theory of Fitness and Health
- HEA 111 – Personal and Community Health
- HEA 150 – First Aid and Safety – CPR
- HEA 230 – Personal Trainer Fundamentals
- PHE 295 – Care and Prevention of Athletic Injuries
- PSY 111 – Introduction to Psychology
- SOC 111 – Introduction to Sociology

General education requirements:

- Arts and humanities
- Computer technology
- Mathematics
- Science/mathematics

Plus:

- Adviser-approved three-credit elective



Personal Trainer Certificate Requirements

Total credit hours: Minimum of 17

Courses:

- BIO 135 – Principles of Nutrition or
BIO 136 – Principles of Nutrition and Laboratory
- BIO 138 – Nutrition for Fitness and Sports
- COM 111 – Fundamentals of Oral Communication or
COM 116 – Fundamentals of Oral Communication for Non-Native Speakers
- HEA 100 – Assessment and Theory of Fitness and Health
- HEA 150 – First Aid and Safety – CPR
- HEA 230 – Personal Trainer Fundamentals

Personal Trainer Letter of Recognition Requirements

Total credit hours: Nine

Courses:

- HEA 100 – Assessment and Theory of Fitness and Health
- HEA/BIO 137 – Weight Management: Utilizing Healthy Approaches to Diet and Physical Activity
- HEA/BIO 138 – Nutrition for Fitness and Sports
- HEA 230 – Personal Trainer Fundamentals



Anne Arundel Community College

Health, Physical Education and Wellness Department

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HEALTH, FITNESS AND EXERCISE STUDIES ASSOCIATE OF SCIENCE DEGREE



PERSONAL TRAINER CERTIFICATE PERSONAL TRAINER LETTER OF RECOGNITION

 Anne Arundel Community College

HEALTH, PHYSICAL EDUCATION AND WELLNESS DEPARTMENT

These three new programs at AACC can equip you with the skills and knowledge to enter several fitness- or health-related fields.

Pursue a two-year degree in Health, Fitness and Exercise Studies, earn an 18-credit Personal Trainer certificate or a nine-credit letter of recognition in the field of personal training. Strong job growth is expected in these areas as Baby Boomers entering retirement devote time and money to maintain physical fitness. There also is a new emphasis on fitness and nutrition for obese Americans of all ages, especially children.

The professional credential you gain in the 62-credit Associate of Science degree program can boost your career and your resume. Those completing the degree can transfer their credits into a four-year college or university to continue their studies. Your coursework builds a foundation that can lead to many possible occupations such as personal trainer, exercise specialist, massage therapist and physical therapist.

Those completing the Personal Trainer certificate requirements meet industry standards for knowledge and skills in basic exercise principles, health screening, fitness assessments, nutrition, communication and exercise-program design. Graduates are prepared to take nationally recognized industry certifications and have completed foundation courses required in the associate degree program.

The Letter of Recognition contains courses appropriate for those already in the fitness industry who want to improve their knowledge or seek credentials as a personal trainer.

Education and Training

According to the U.S. Department of Labor Bureau of Labor Statistics, management positions in a health club or fitness center usually require a bachelor's degree in exercise science, kinesiology or physical education plus related experience. The bureau also found that more employers are requiring fitness workers and trainers to have a bachelor's degree.

Employers expect fitness workers to know how to do their jobs before they are hired and so they offer little or no on-the-job training. Typically, personal trainers must have certification to work in a fitness facility or in clients' homes. Fitness workers who lack certification but meet employers' requirements for educational background and experience can work as group exercise instructors in clubs, universities, resorts and workplaces.

Certification exams are available through AACC, which is an approved test site for American Council on Exercise exams for group fitness instructors, personal trainers, clinical exercise specialists, and lifestyle and weight management consultant certifications.

Job Outlook

Employment in the field of fitness is expected to grow much faster than average compared to all occupations during the decade ending 2016, according to the federal bureau.

The field will grow 27 percent or by 63,000 new jobs nationwide during this period. Both individuals and companies are spending increased money on fitness for themselves or their employees to improve health.

Those seeking work as athletic trainers will see a 24 percent increase in employment during this period, translating into about 4,200 new jobs.

Projected Earnings

In May 2006, the median annual pay for fitness trainers was \$25,910, according to the federal bureau; this excludes pay for the self-employed, who typically earn more money. The highest median salary of \$29,640 went to workers in medical and surgical hospitals.

Transfer Opportunities

Those completing requirements for the Health, Fitness and Exercise Studies degree program can transfer their credits into bachelor's degree programs in these areas at Frostburg University, Morgan State University, Salisbury University and Towson University.

Be sure to consult your AACC academic adviser about the four-year schools of your choice so you complete the correct courses accepted for transfer credit by that institution.

