

HEALTH AND FITNESS SCIENCE GENERAL CERTIFICATE

Program Code: C45630C1

Course	Title	Hours
First Year		
Fall		
HFS-111	Fitness & Exercise Testing I	4
HFS-110	Exercise Science	4
Hours		8
Second Year		
Spring		
HFS-120	Group Exercise Instruction	3
HFS-210	Personal Training	3
HFS-218	Lifestyle Change & Wellness	4
Hours		10
Total Hours		18