

HEALTH AND FITNESS SCIENCE

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.

Programs

- Health and Fitness Science Degree (<https://courseleaf.johnstoncc.edu/programs/health-sciences/health-fitness-science/health-fitness-science-degree/>)
- Health and Fitness Science General Certificate (<https://courseleaf.johnstoncc.edu/programs/health-sciences/health-fitness-science/health-fitness-science-general-certificate/>)