

# HEALTH AND EXERCISE SCIENCES

 Frederick Community College



**Program Contact**

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# Health and Exercise Sciences

*The Health and Exercise Sciences Area of Concentration within the A.A. in Arts and Sciences degree program is designed for students planning to transfer to a four-year college or university to work toward a bachelor's degree. A certificate option is available for those working toward the American College of Sports Medicine Certification, a nationally-recognized personal training certification. A letter of recognition option is available for those wishing to pursue a career in athletic coaching.*

## **Health and Exercise Science Area of Concentration within the A.A. in Arts and Sciences**

The Health and Exercise Science Area of Concentration within the A.A. in Arts and Sciences degree program provides students with foundational knowledge of the human body and the adaptations to physical activity and exercise with the ability to apply this to practical situations through fitness assessments and exercise programming and implementation. This leads to opportunities to pursue careers in health promotion, fitness, and personal training in the rapidly growing health and fitness industry. The program also provides the first two years of course requirements to transfer to bachelor degree programs in exercise science or kinesiology to prepare students for careers in exercise physiology, strength and conditioning, or graduate school.

Students in the Health and Exercise Science A.A. program will learn the skills and knowledge to sit for nationally recognized personal trainer certifications from the American College of Sports Medicine and National Strength and Conditioning Association leading to gainful employment in the health and fitness industry following A.A. completion.

## **Fitness/Personal Trainer Certificate**

The Fitness/Personal Trainer Certificate program prepares students for entry level careers in the fitness industry as a personal trainer or group fitness instructor. This curriculum provides foundational knowledge of the human body and the adaptations that occur with exercise. At the completion of the certificate, students have the knowledge and skills to sit for nationally recognized personal trainer certifications from the American College of Sports Medicine and National Strength and Conditioning Association.

Students who earn the Fitness/Personal Trainer Certificate have a strong foundation for further coursework in exercise science related fields. This certificate can be used to meet the elective requirements of the General Studies A.A. degree.

## Learning Outcomes

- Students will define the role of exercise science in the broader context of education both in the private and public sectors.
- Students will apply the knowledge and skills necessary to prevent lifestyle related diseases that are prevalent in our society today.
- Students will identify factors that affect fitness, exercise adherence, and lifestyle modification.
- Students will apply the principles of fitness assessment and testing to program design and implementation.
- Students will understand anatomy and physiology of the human body and adaptations to physical activity.

## Coaching Letter of Recognition

The Coaching Letter of Recognition program gives students the necessary knowledge and skills to pursue a career in athletic coaching. Students earning this letter of recognition will automatically receive a digital badge.

## Growth Potential & Estimated Salaries

The median annual wage for fitness trainers and instructors was \$40,700 in 2021. Overall employment of fitness trainers and instructors is projected to grow 19% from 2021 to 2031, much faster than the average for all occupations.

*Source: Bureau of Labor Statistics Occupational Outlook Handbook ([bls.gov/ooh](https://bls.gov/ooh))*

## Internship Program

Internships help students integrate what is taught in the classroom with what is required in the workplace. Students take internships to develop knowledge and skills valued by employers. Students in certain programs at Frederick Community College (FCC) are eligible to receive credit for internships.

## Financial Assistance

FCC provides a tuition payment plan for students who wish to spread payment over several months. Scholarship and loan assistance is available for eligible students. For complete scholarship information, contact Financial Aid at 301.846.2620.

## Transfer Note

To find more information about how credits will transfer from FCC to a state four-year institution, visit [artsys.usmd.edu](https://artsys.usmd.edu) or consult a College advisor. Students who plan to transfer should speak with an advisor or program manager from their chosen transfer institution before selecting elective courses.

**View required course listings:**  
[frederick.edu/health](https://frederick.edu/health)

## For more information:

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