

**CAREER & COLLEGE PROMISE  
CERTIFICATE  
HEALTH AND FITNESS SCIENCE  
(C45630P)**

Name: \_\_\_\_\_

Student ID: \_\_\_\_\_

College Readiness	
	<u>English</u>
Must enroll in Transition English (ENG-002) course	
Must enroll in ENG-111 co-requisite course	
May enroll directly into ENG-111	
	<u>Math</u>
Must enroll in Transition Math (MAT-003) course	
Must enroll in co-requisite course MAT-043, MAT-052, MAT-071	
May enroll directly into MAT-143, MAT-152, MAT-171	

FIRST FALL SEMESTER				
Course Prefix & Number	Course Title	Semester & Year	Grade	Credit Hours
HEA 112	CPR & First Aid			2
HFS 110	Exercise Science			4
	<b>TOTAL</b>			<b>6</b>

FIRST SPRING SEMESTER				
Course Prefix & Number	Course Title	Semester & Year	Grade	Credit Hours
HFS 111	Fitness & Exercise Testing I			4
HFS 116	Prevention & Care of Exercise Injuries			3
HFS 118	Fitness Facility Management			4
	<b>TOTAL</b>			<b>11</b>
	<b>TOTAL CREDIT HOURS</b>			<b>17</b>

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