

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

Name: _____

Student ID: _____

College Readiness	
	<u>English</u>
Must enroll in Transition English (ENG-025) course	
May enroll directly into ENG-111	
Must enroll in Transition Math MAT-025 (MAT-143,MAT-152)	<u>Math</u>
Must enroll in Transition Math MAT-035 (MAT-171)	
May enroll directly into MAT-143, MAT-152, MAT-171	
May enroll directly into MAT-110	

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

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
	TOTAL			11
	TOTAL CREDIT HOURS			17

"Brunswick Community College does not discriminate on the basis of race, religion, color, national origin, gender, age, political affiliation, genetic information, sexual orientation or disability."