

**CERTIFICATE  
HEALTH AND FITNESS SCIENCE  
(C45630)**

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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