



HEALTH AND FITNESS SCIENCE PROGRAM

ASSOCIATE in APPLIED SCIENCE in HEALTH & FITNESS SCIENCE

Three degree options; A.A.S Health & Fitness Science, A.A.S. UNCW Articulation to Bachelor of Science in Exercise Science, or A.A.S UNCW Articulation to Bachelor of Arts in Healthful Living and Fitness Education.

MINIMUM REQUIREMENTS ARE SUBJECT TO CHANGE EACH ACADEMIC YEAR

The HFS mission is to provide high quality, dynamic, and innovative educational, cultural, training, and workforce development opportunities for individuals, businesses, and industries in New Hanover, Brunswick, and Pender counties.

Note: This program does not have a selective admissions process.

Philosophy Statement for the Health and Fitness Science Program

The Health and Fitness Program at Cape Fear Community College is committed to providing a comprehensive, student-centered learning experience that prepares individuals for successful careers in the fitness industry or seamless transfer to four-year universities. We believe that health and wellness are essential components of a balanced, fulfilling life, and our program emphasizes both personal and professional growth.

Our core values center on the importance of physical activity, mental well-being, and lifelong learning. We are dedicated to fostering a supportive and inclusive environment where all students feel empowered to develop their unique strengths, pursue their passions, and engage with the dynamic, ever-evolving fitness field. We believe that health is not a one-size-fits-all approach, but rather a personalized journey, and our program encourages students to explore diverse methods of fitness training, nutrition, and wellness to find what works best for their future clients.

Students will be trained in exercise science and be able to administer basic fitness tests and health risk appraisals, teach specific exercises and fitness classes, and provide instruction in the proper use of exercise equipment and facilities. Students are eligible to sit for a national certification exam in either personal training or group exercise instruction by the end of the third semester (Summer I) so they can begin work in the industry.

We believe in nurturing the whole person—body, mind, and spirit—and in empowering our students to make a lasting impact on the lives of others through the promotion of health, fitness, and wellness. By blending hands-on learning experiences with academic excellence, we

prepare our students to contribute meaningfully to the health and fitness community, whether they are entering the workforce immediately or pursuing advanced education at a four-year institution.

Graduates should qualify for employment opportunities in commercial fitness clubs, YMCA/YWCA, wellness programs in business and industry, Parks & Recreation Departments, and other organizations implementing exercise & fitness programs.

HFS Mission

The main objective of the Health and Fitness Science Program at Cape Fear Community College is to educate and prepare students to enter the workforce in the health and fitness industry. The program ensures students are well-prepared to meet the expectations of employers, while contributing positively to the health and fitness needs of the communities we serve. The program's focus on practical application, ethical standards, and continuous professional development aligns with nationally accepted standards and responds to the evolving needs of the fitness industry and the broader healthcare landscape.

Program Goals/Learning Outcomes

1. Students will have knowledge of anatomy and physiology concepts, including the location and function of muscles, muscle actions, movement places, and structure and function of the cardiovascular, musculoskeletal, pulmonary, nervous, and metabolic systems.
2. Students will have knowledge of the relationship between body composition and health, guidelines for macronutrient and micronutrient consumption, hydration guidelines, and recognition of eating disorders.
3. Students will apply and monitor cardiovascular and muscular training techniques and modifications for apparently healthy individuals and special populations.
4. Students will instruct safe techniques during warm-up and cool-down, resistance training and spotting, and flexibility and mobility.
5. Students will adhere to the guidelines of pre-activity screening, medical release, waiver of liability, emergency procedures, and scope of practice.
6. Students will maintain a safe exercise environment, following protocol, and applying CPR/AED and first aid when needed. Safe and ethical practices will be adhered to throughout the course of the program.
7. Students will administer pre-participation screening procedures, and recognize signs, symptoms, and risk factors that would prevent a person from participating in fitness assessments and physical activity.
8. Students will effectively select and administer appropriate health-related and skill-related tests, interpret results to clients, and use assessment data to set appropriate goals.

APPLICATION PROCESS

Admission to any and all educational programs offered by Cape Fear Community College is made without regard to race, color, sex, national origin, gender identity, sexual orientation, disability, veteran status, or other irrelevant factors.

Prospective students must first be accepted for general admission to Cape Fear Community College. Below are the steps for acceptance to CFCC.

To participate in the application process (file an “Intent to Apply”) students must:

1. Complete the CFCC General Admissions Application, which includes the Residency Determination Application. For students that have applied to, or have taken classes at CFCC previously, the application has to be active. If the prospective student has not attended classes at CFCC for one year (12 months) or longer, they must reapply and be accepted prior to filing an “Intent to Apply”.
2. Request official transcripts from a regionally accredited High School/High School Equivalency agency. High School/High School Equivalency transcripts must indicate the date graduated. Official transcripts are those received either electronically, by mail, or by hand delivery to CFCC in the original, sealed envelope from the awarding institution or agency. If the prospective student graduated from a North Carolina public high school within the past three years, they may request that an official high school transcript be sent electronically to the Admissions Office via the College Foundation of North Carolina (CFNC) website at www.cfnc.org. The official school administrator for homeschooled students must submit a copy of the home school’s approved registration from the state in which they are registered (if applicable), and a homeschool transcript with graduation date. All students selected to the program must have graduated from high school at the start of the program or have earned the equivalent credentials.
3. Request official transcripts from all colleges and/or universities attended (if applicable; must come from institutions where classes were taken) be mailed or electronically sent to the Admissions and/or Records Office. These will be reviewed for possible transfer credit. Note: transcripts from Masters or Ph.D. programs are not required. Transcripts from colleges that are not regionally accredited may be evaluated on a case-by-case basis.

Once accepted to CFCC, students must determine their major as HFS and choose one of three curriculum tracks.

Checklist for the Health and Fitness Science Program:

- Acceptance to CFCC (via general college admission) or active application status
- Official high school transcript on file at CFCC
- Official college/university transcripts (if applicable) on file at CFCC
- English and Math eligibility (see page 3)
- Overall GPA at CFCC of 2.0 or higher (criteria waived if student do not have an established GPA at CFCC)

PROGRESSION POLICY

CFCC follows a ten-point grading scale, but the Health and Fitness Science program follows an eight-point grading scale for the HFS/PED core courses.

Grading Policy for HFS Program Courses (prefix HFS/PED)

A	Excellent	92-100
B	Good	84-91
C	Average	76-83

Students admitted to the Health and Fitness Science program must achieve a “C” or higher in all core HFS, PED, HEA, and WBL courses before being allowed to progress to the next semester.

The Health and Fitness Science feels that attitudes and actions demonstrate a student’s ethics; therefore, it is the department policy that a student will receive a grade of “F” in a course for cheating in a lecture class, falsifying information in class or documentation in an internship setting (WBL 111), and/or unprofessional behavior. An “F” will prohibit a student from continuing in the Health and Fitness Science Program.

For **General Education** courses such as ENG 111, SOC 220, ACA 122, MAT 171, PSY 150, COM 120, PSY 271, BIO 155, BIO 111, BIO 189, BIO 169, Humanity/Fine Arts, students must earn a C or above using the College’s **10-point** grading scale.

A 90 - 100

B 80 - 89

C 70 - 79

It is the responsibility of the student to seek assistance from faculty when they anticipate problems with academic standing and progression.

**Health and Fitness Science
Program Planning Guide**

**(A45630) Health & Fitness Science AAS
Program of Study**

Fall Semester I

Course	Title	Class	Lab	Work	Contact	Credit
ENG 111	Writing & Inquiry	3	0	0	3	3
HFS 110	Exercise Science	4	0	0	4	4
HFS 111	Fitness & Exercise Testing	3	2	0	5	4
PED 110	Fit & Well for Life	1	2	0	3	2
PED 165	Sport Science as a Career	3	0	0	3	3
	Totals	15	2	0	17	16

Spring Semester I

Course	Title	Class	Lab	Work	Contact	Credit
BIO 168	Anatomy & Physiology I	3	3	0	6	4
HFS 116	Prev & Care of Exercise Related Injuries	2	2	0	4	3
HFS 120	Group Exercise Instruction	2	2	0	4	3
PED 117	Weight Lifting I	0	3	0	3	1
PED Elective	Aerobics I Or Circuit Training	0	3	0	3	1
Natural Science/Mathematics Elective		3	0/2	0	3/5	3/4
	Totals	10	13/1	0	23/25	15/16

Summer Semester I

Course	Title	Class	Lab	Work	Contact	Credit
BIO 169	Anatomy & Physiology II	3	3	0	6	4
PED 118	Weight Lifting II	0	3	0	3	1
HEA 112	First Aid & CPR	1	2	0	3	2
HFS 210	Personal Training	2	3	0	5	3
	Totals	6	11	0	17	10
Eligible to sit for the AFAA Group Exercise Instructor Certification Exam						

Fall Semester II

Course	Title	Class	Lab	Work	Contact	Credit
HFS 118	Fitness & Facility Management	4	0	0	4	4
COM 120	Intro to Interpersonal Communication or	3	0	0	3	3
WBL 111	Work-Based Learning I	0	0	10	10	1
Humanities/Fine Arts Elective		3	0	0	3	3
Social/Behavioral Science Elective		3	0	0	3	3
	Totals	13	0	10	23	14
Eligible to sit for the NASM Personal Trainer Certification Exam						

Spring Semester II

Course	Title	Class	Lab	Work	Contact	Credit
BIO 155	Nutrition	3	0	0	3	3
HFS 212	Exercise Programming	2	2	0	4	3
HFS 218	Lifestyle Change & Wellness	3	2	0	5	4
WBL 115	Work-Based Learning Seminar	0	0	10	10	1
WBL 122	Work-Based Learning II	1	0	0	1	1
Elective As Needed						
TOTAL GRADUATION HOURS		68-71 SEMESTER CREDIT HOURS				

**(A45630E) Health & Fitness Science
Program of Study for UNCW Articulation into
BS in Exercise Science**

Fall Semester I

Course	Title	Class	Lab	Work	Contact	Credit
ENG 111	Writing & Inquiry	3	0	0	3	3
SOC 220	Social Problems	3	0	0	3	3
ACA 122	College Transfer Success	0	2	0	2	1
HFS 110	Exercise Science	4	0	0	4	4
HFS 111	Fitness & Exercise Testing	3	2	0	5	4
PED 110	Fit & Well for Life	1	2	0	3	2
	Totals	15	4	0	19	17

Spring Semester I

Course	Title	Class	Lab	Work	Contact	Credit
BIO 111	General Biology I	3	3	0	6	4
HFS 116	Prev & Care of Exercise Related Inj	2	2	0	4	3
HFS 120	Group Exercise Instruction	2	2	0	4	3
PED 117	Weight Lifting I	0	3	0	3	1
PED Elective	Aerobics I or Circuit Training	0	3	0	3	1
MAT 171	Precalculus Algebra	3	2	0	5	4
	Totals	10	15	0	25	16

Summer Semester I

Course	Title	Class	Lab	Work	Contact	Credit
BIO 168	Anatomy & Physiology I	3	3	0	6	4
PED 118	Weight Lifting II	0	3	0	3	1
PSY 150	Intro to Psychology	3	0	0	3	3
HEA 112	First Aid & CPR	1	2	0	3	2
HFS 210	Personal Training	2	3	0	5	3
	Totals	6	11	0	17	13
Eligible to sit for the AFAA Group Exercise Instructor Certification Exam						

Fall Semester II

Course	Title	Class	Lab	Work	Contact	Credit
BIO 169	Anatomy & Physiology II	3	3	0	6	4
COM 120	Intro to Interpersonal Communication or	3	0	0	3	3
HFS 118	Fitness & Facility Management	4	0	0	4	4
PSY 271	Sports Psychology	3	0	0	3	3
	Totals	13	3	0	16	14
Eligible to sit for the NASM Personal Trainer Certification Exam						

Spring Semester II

Course	Title	Class	Lab	Work	Contact	Credit
BIO 155	Nutrition	3	0	0	3	3
HFS 212	Exercise Programming	2	2	0	4	3
HFS 218	Lifestyle Change & Wellness	3	2	0	5	4
Human/Fine Arts Elec		3	0	0	3	3
PED Elective	Aerobics I or Circuit Training	0	3	0	3	1
WBL 111	Work-Based Learning I	0	0	10	10	1
WBL 115	Work-Based Learning Seminar	1	0	0	1	1
	Totals	11	7	10	28	15
TOTAL GRADUATION HOURS		75 SEMESTER CREDIT HOURS				

****CHM 151 is needed at UNCW in the Exercise Science Program. It is encouraged that you take this course prior to transferring to UNCW. Please speak to an advisor to see where you fit this course into your schedule.**

Fall Semester I

Spring Semester I

Summer Semester I

Course	Title	Class	Lab	Work	Contact	Credit
BIO 169	Anatomy & Physiology II	3	3	0	6	4
HEA 112	First Aid & CPR	1	2	0	3	2
HFS 210	Personal Training	2	3	0	5	3
PED 118	Weight Lifting II	0	3	0	3	1
	Totals	7	10	0	17	10
Eligible to sit for the AFAA Group Exercise Instructor Certification Exam						

Fall Semester II

Course	Title	Class	Lab	Work	Contact	Credit
COM 120	Intro to Interpersonal Communication or	3	0	0	3	3
HFS 118	Fitness & Facility Management	4	0	0	4	4
MAT 171	Precalculus Algebra	4			4	4
Hum/Fine Arts Elective		3			3	3
	Totals	14	3	0	14	14
Eligible to sit for the NASM Personal Trainer Certification Exam						

Spring Semester II

Course	Title	Class	Lab	Work	Contact	Credit
BIO 155	Nutrition	3	0	0	3	3
HFS 212	Exercise Programming	2	2	0	4	3
HFS 218	Lifestyle Change & Wellness	3	2	0	5	4
PED Elective	Aerobics I or Circuit Training	0	3	0	3	1
WBL 111	Work-Based Learning I	0	0	10	10	1
WBL 115	Work-Based Learning Seminar	1	0	0	1	1
	Totals	11	7	10	28	15
TOTAL GRADUATION HOURS		71 SEMESTER CREDIT HOURS				

Program Policies

Student Attire and Uniforms

A. Uniform Requirements

Cape Fear Community College's Health and Fitness Science student-required uniform has been pre-selected for the program, and each student will wear the same style of uniform. Students are required to purchase the required uniform polos and t-shirts and will not be able to complete the Work-Based Learning course without the uniform. Uniforms can be purchased from the CFCC Bookstore and/or vendor approved by the Health and Fitness Science Program. The (tentative) uniform package consists of the following required items:

1. Slacks for presentations and professional events, when applicable.
2. Two black athletic pants, such as joggers.
3. Two HFS program-designated, black polo shirts.
4. Two HFS program-designed T-shirts.

Any changes to the uniform requirement will be announced at orientation or at the beginning of the semester. Students will purchase uniforms during the summer (3rd semester) before the start of the second year of courses.

* Uniform Code

The following dress code is to be followed by the Health and Fitness Science student at all times while in student uniform, whether on or off campus. During off campus tours an HFS t-shirt/polo and black bottoms (shorts or pants) are required. We are representatives of this program, the college, and of our profession.

1. A clean uniform should be worn each day that uniforms are worn to class and WBL sites. Uniforms should be clean, lint-free, and fresh; beware of the various odors that can be absorbed into clothing (i.e. food, cigarette smoke, etc.).
2. The uniform should fit well but should not be overly tight.
3. Uniforms will be worn on designated days as assigned.

Lab Attire:

- Students are expected to dress out in fitness attire for labs. Failure to dress appropriately as directed by your instructor will result in an absence and will be deducted from Participation/Professionalism points for each class the attire is inappropriate. **Your instructor has the right to make the decision about appropriate or inappropriate shoes/clothing.** Examples of inappropriate attire include **crop tops, sports bra only without a full-length shirt, short shorts (no more than 6 inches above the knee), flip flops, slides, sandals, fashion/casual shoes, jeans, etc.** HFS t-shirts are recommended in the lab. **Full-length shirts are required.**

- **Hoodies, jackets, bulky clothing, and exposed mid sections** (sports bra/crop top only) are not permitted during lab. The instructor should not be able to see your belly button or any exposed skin around the core region. Participation/Professionalism points will be deducted.

Work-Based Learning (internship) Attire:

- Two HFS program-designated, black athletic pants, such as joggers.
- Two HFS program-designated, black polo shirts.
- Examples of inappropriate attire include **crop tops, sports bra only without a full-length shirt, short shorts (no more than 6 inches above the knee), flip flops, slides, sandals, fashion/casual shoes, jeans, etc. Full-length shirts are required.**
- **Hoodies, jackets, bulky clothing, and exposed mid sections** (sports bra/crop top only) are not permitted.
- **Your instructor has the right to make the decision about appropriate or inappropriate clothing/shoes.**

TUITION & FEES

Payment can be made by cash, check, VISA, MasterCard, American Express, Discover, financial aid, payment plan, or a third-party sponsorship. All forms of payment must be received by the Business Office to be officially registered.

Tuition is established by the North Carolina State Legislature and is subject to change without prior notification.

Credit Hours	In-State Tuition	Out-of-State Tuition	Student Activity Fees	Parking & Security Fee	Technology Fees
1	76.00	268.00	35.00	40.00	3.00
2	152.00	536.00	35.00	40.00	6.00
3	228.00	804.00	35.00	40.00	9.00
4	304.00	1072.00	35.00	40.00	12.00
5	380.00	1340.00	35.00	40.00	15.00
6	456.00	1608.00	35.00	40.00	18.00
7	532.00	1876.00	35.00	75.00	21.00
8	608.00	2144.00	35.00	75.00	24.00

9	684.00	2412.00	35.00	75.00	27.00
10	760.00	2680.00	35.00	75.00	30.00
11	836.00	2948.00	35.00	75.00	33.00
12	912.00	3216.00	35.00	75.00	36.00
13	988.00	3484.00	35.00	75.00	39.00
14	1064.00	3752.00	35.00	75.00	42.00
15	1140.00	4020.00	35.00	75.00	45.00
16 or more	1216.00	4288.00	35.00	75.00	48.00

WBL 111 (internship)- Professional Liability Insurance: \$15.00 Per School Year (Nursing and Health and Human Services Students)

Full Time: 12 Credit Hours

$\frac{3}{4}$ Time: 9 Credit Hours

$\frac{1}{2}$ Time: 6 Credit Hours

Financial Aid

The Financial Aid office monitors a policy that is based on federal regulations that establishes a maximum time frame for completion of a program of 150 percent of the published length of an educational program.

To make sure students understand this policy and plan ahead in order to use their financial benefits in a wise and timely manner, students are encouraged to consult with the staff of the CFCC Financial Aid office located in the Union Station Building (Room U-138) on the Wilmington Campus or in the McKeithan Center (Room NA-100) on the North Campus.

The Cape Fear Community College Foundation supports student education opportunities through program support, scholarships, and more. All students are encouraged to apply to scholarships if eligible. For more information, please visit the Foundation website: <https://cfcc.edu/foundation/>.

ESTIMATED EXPENSES
Cape Fear Community College
Health and Fitness Science Program

First Semester - Fall

Books	300.00
Background Check/Drug Screen	150.00
Uniform (HFS T-shirt)	21.00
Tuition/Fees (In-State)	1,374.00
Tuition/Fees (Out-of-State)	<u>4,446.00</u>

In-State Total	\$1,845.00
<i>Out-of-State Total</i>	<i>\$4,917.00</i>

Second Semester - Spring

Books	150.00
Tuition/Fees (In-State)	1,374.00
Tuition/Fees (Out-of-State)	<u>4,446.00</u>

In-State Total	\$1,560.00
Out-of-State Total	\$4,632.00

Third Semester - Summer

Books	100.00
Uniform (HFS Polo)	42.00
NASM CPT exam (optional)	500
AFAA CFGI exam (optional)	300
BLS Certification	35
Tuition/Fees (In-State)	1,102.00
Tuition/Fees (Out-of-State)	<u>3,598.00</u>

In-State Total	\$1,279.00
<i>Out-of-State Total</i>	<i>\$3,775.00</i>

Fourth Semester - Fall

Books	150.00
Tuition/Fees (In-State)	1,374.00
Tuition/Fees (Out-of-State)	<u>4,446.00</u>

In-State Total	\$1,560.00
<i>Out-of-State Total</i>	<i>\$4,632.00</i>

Fifth Semester - Spring

Books	150.00
Liability Insurance	15.00
Tuition/Fees (In-State)	1,374.00
Tuition/Fees (Out-of-State)	<u>4,446.00</u>

In-State Total	\$1,575.00
<i>Out-of-State Total</i>	<i>\$4,647.00</i>

Total Program (In-State)	\$4,858.00
Total Program (Out-of-State)	\$13,498.00

Revised 3/2025

RESOURCES/ASSISTANCE

Health Science Enrollment Center

For questions or concerns regarding the course scheduling, registration, and other available resources, please contact a staff member of the Health Science Enrollment Center at the Wilmington Campus in Union Station Building (second floor); healthsciences@cfcc.edu; 910-362-7139.

Health and Fitness Science Required Physical and Emotional Technical Standards

Criterion	Standard	Example
Critical Thinking	The Health & Fitness Science Student should possess critical thinking ability sufficient for WBL judgment.	Students must be able to identify lifestyle modification methods in WBL situations; participate in the development of a plan of action for the client.

Interpersonal Skills	The Health and Fitness Science Student shall possess interpersonal abilities sufficient to interact with individuals, families, groups, etc. from various social, emotional, cultural, and intellectual backgrounds.	Students shall establish rapport with clients and Health & Fitness Science cohorts.
Communication Skills	The Health and Fitness Science Student shall possess communication abilities sufficient for interaction with others in verbal and written form.	Fluently explain exercises, initiate teaching, and document designed workouts and client responses accurately.
Mobility	The Health and Fitness Science Student shall be physically able to move from room to room, stand and walk for extended periods, and spot clients and fellow students during exercise routines.	Professionally administer cardiopulmonary resuscitation or first aid procedures.
Motor Skills	The Health and Fitness Science Student shall possess gross and fine motor abilities sufficient to provide safe and effective workout routines for themselves, demonstrations to classmates, and clients. HFS students must be able to perform exercises and workouts in PED 113, PED 117, PED 118, PED 119, HFS 120, HFS 210, HFS 212 and other physical activity courses.	Range of motion sufficient to perform basic exercises and apply proper technique in weightlifting, such as a bodyweight squat or weighted front squat.
Hearing	The Health and Fitness Science Student shall possess auditory ability sufficient to monitor and assess health needs and to effectively take notes on anything required or requested by the client.	Able to hear the heart monitor alarms on a treadmill test or blood pressure sounds through the stethoscope.

Visual	The Health and Fitness Science student shall possess visual ability sufficient for observation and assessment.	Properly assess changes in skin color (paleness or redness) and conduct visual assessments.
Tactile	The Health and Fitness Science Student shall possess tactile ability sufficient for assisting with physical assessment.	Perform the overhead squat assessment with correct form.
Weight-Bearing	The Health and Fitness Science Student shall possess the ability to lift and manipulate/move 45-50 pounds weekly and sometimes daily.	Properly position clients to enable them to perform the exercises appropriately or move equipment.
Temperament & Emotional Control	The Health and Fitness Science Student shall possess the ability to remain calm, and patient, and react professionally to certain situations.	Act professionally and respectfully during a conversation with a client who disagrees with training techniques.

Student Accessibility Services

Student Accessibility Services (SAS) at CFCC provides reasonable accommodations to otherwise qualified students with disabilities, as long as such disabilities, as determined on a case-by-case basis, do not preclude the student from meeting the qualifications considered essential to the program.

Students who feel they need accommodation should contact the staff of the SAS office in the Union Station Building (Room U-218) on the Downtown Campus or call 910-362-7017.