



Health & Fitness Science Program

Admission Requirements (2014-2015)



www.gaston.edu

Getting Started in the Gaston College Health & Fitness Science Program

Students applying to the Gaston College Health & Fitness Science program (HFS) **MUST** complete the following requirements for GENERAL ADMISSION to the college:

- Submit an **Application** online at www.cfnc.org/gastonapp or send application by mail to:
Gaston College Admissions Office
201 Highway 321 South
Dallas, NC 28034
- **Financial Aid:** After the application for admission has been submitted, the student should complete a Free Application for Federal Student Aid (FAFSA). The student who wishes to apply for financial assistance must file a Free Application for Federal Student Aid (FAFSA). **The student should complete the FAFSA form on the Internet at www.fafsa.gov using Gaston College school code #002973.** It takes 4 - 6 weeks to process a complete file. Therefore, students should submit all financial aid forms several weeks prior to their enrollment date. In addition, the student should submit other documentation if requested by our office. Additional documentation includes the College Financial Aid Application, the Verification Form, and other financial information. Students interested in scholarships, and/or work-study should submit a separate Gaston College Foundation Scholarship Application and/or Work-Study Application.
- Submit to the Admissions Office an **official high school transcript** (sealed and unopened).
- Submit to the Admissions Office an **official college transcript(s)** (sealed and unopened) from all colleges and/or universities attended to earn transferrable credits.
- Schedule to take the **Placement Test(s)** needed for the program. For more information on exemptions or to schedule a test call 704.922.6213/6214/6216/6219 or visit <http://www.gaston.edu/admissions/info.php> Remember, prior to scheduling the Compass Placement Test, you must have already submitted an admissions application to Gaston College.
- Complete the Gaston College new student orientation. This orientation can be completed online using the following link: <http://www.gastoncollegeonline.com/userlogin.inc.php>.
- Complete a **Health & Fitness Science Program Application** and submit to the Coordinator of the HFS program.
- Schedule interview with the Coordinator of the Health and Fitness Science program.

Students who have been accepted to the Gaston College Health and Fitness Science Program **MUST** complete the following requirements before starting the first semester:

- A **Letter of Acceptance** will be mailed from the Health & Fitness Science program for each student after the application is received.
- Attend **HFS Campus Orientation**.
- Contact Coordinator or Instructor for **Course Advising**.
- Complete and return **Medical Examination Forms** to Coordinator of the Health & Fitness Science program.

- Complete **TB Skin Test** and provide a copy of results to the Coordinator of the Health & Fitness Science program.
- Complete **Compliance Section** of your packet: Criminal background check, and drug screening.
 - Criminal background Check using www.CertifiedBackground.com
 - Drug Screening (this will be completed during the second year of the program)
- Send or bring your **completed Compliance Forms** immediately to the Gaston College compliance specialist at the address below. Bring it or mail it immediately upon receipt to the Gaston College Compliance Specialist.

Gaston College
 Compliance Specialist
 David Belk Cannon Building, Room 159
 201 Highway 321 South
 Dallas, NC 28034
 Phone: 704.922.2275
 Fax: 704.922.8943

The compliance specialist has access to, and will print, your Certified Background report. Your drug screen results will be e-mailed directly to the compliance specialist from LabCorp.

- Obtain a Gaston College **Student ID**.
- Pay for courses by **August 1**.
- Provide a copy of current **Malpractice Insurance** to the Coordinator of the Health & Fitness Science program.
- Order/Pick up **Textbooks**
- **Additional items needed:**
 - USB Flash drive
 - Basic Calculator
 - 3-inch, 3 ring Binder
 - Tab dividers



HEALTH AND FITNESS SCIENCE ASSOCIATE IN APPLIED SCIENCE DEGREE (A45630)

PROGRAM INFORMATION

This information is in addition to the general admission information found in the Gaston College catalog and website, www.gaston.edu.

Curriculum Description

The Health and Fitness Science curriculum prepares multi-skilled fitness professionals qualified to perform various skills in the health and fitness industry.

Course work includes instruction in exercise science, fitness and exercise testing, fitness management, prevention and care of injuries, group exercise, personal training, exercise programming, working with special populations, and ethical/legal issues associated with the fitness industry. Students will select one of two concentrations in the program: transfer preparation or small business management.

Graduates of the Health and Fitness Science program will be required to sit for the American College of Sports Medicine Certified Personal Trainer Exam before graduation. Graduates may also be eligible to sit for a variety of other examinations that pertain to the health and fitness industry. Employment opportunities include YMCA's, fitness studios, parks and recreation departments, hospitals, sports performance facilities, and other health and fitness areas.

First Semester (Fall)		
PSF 110	Exercise Science	4
PSF 218	Lifestyle Changes & Wellness	4
BIO 168	Anatomy and Physiology I	4
ENG 111	Expository Writing	3
PED 122	Yoga	1
HEA 112	First Aid & CPR	2
Total		18

Second Semester (Spring)		
PSF 111	Fitness & Exercise Testing	4
PSF 116	Prevention & Care of Exercise Related Injuries	3
PSF 120	Group Exercise Instruction	3
BIO 169	Anatomy & Physiology II	4
PED 113	Aerobics I	1
ENG 112	Argument Based Research	3
Total		18

Third Semester (Summer)		
PSY 150	General Psychology	3
BIO 155	Nutrition	3
Total		6

Fourth Semester (Fall)		
PSF 210	Personal Training	3
PSF 118	Fitness Facility Management	4
PED 117	Weight Training I	1
WBL 111	Work-Based Learning I	1
MAT 143*	Quantitative Literacy	3
	ELECTIVE**	3
Total		15

Fifth Semester (Spring)		
PSF 212	Exercise Programming	3
PSF 214	Health & Fitness Law	3
WBL 121	Work-Based Learning II	1
	Humanities/Fine Arts Elective***	3
	ELECTIVE **	3
Total		13

* Students may substitute MAT 143 with one (1) of the following Math Courses		
MAT 152	Statistics I	4
MAT 171	Precalculus Algebra	4
**Students may choose two (2) courses from the following list of Electives		
BUS 137	Principles of Management	3
BUS 230	Small Business Management	3
CHM 151	General Chemistry I	4
***Students may choose one (1) course from the following list of Humanities Electives		
ART 111	Art Appreciation	3
ART 114	Art History Survey I	3
ART 115	Art History Survey II	3
BUS 137	Principles of Management	3
BUS 230	Small Business Management	3
CHM 151	General Chemistry I	4
COM 231	Public Speaking	3
ENG 231	American Literature I	3
ENG 232	American Literature II	3
MUS 110	Music Appreciation	3
MUS 112	Introduction to Jazz	3
PHI 215	History of Philosophy	3
PHI 240	Introduction to Ethics	3

TOTAL CREDIT HOURS FOR GRADUATION	70
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ADMISSION REQUIREMENTS

Students applying for admission to the Gaston College Health and Fitness Science program **MUST** meet the following requirements for **GENERAL ADMISSION** to the college:

1. Complete and submit application online or pick up application at the Admissions Office on the main, campus, Dallas, Campus, 2nd floor Myers Center.
2. Request that your high school mail an official high school transcript to Gaston College Office of Admissions. The documentation listed below can be submitted in the place of traditional high school transcript: Official Adult High School transcript, official transcript from an accredited correspondence school/institution, official transcript from Home School, official transcript from a regionally accredited college or university reflecting an Associate Degree or higher.
3. Request that all colleges/universities previously attended submit official transcripts to above address. **Transcripts must be in the registrar's office by December, 31 in order for courses to receive points for admission in the Health and Fitness Science Program.**
4. Take placement test as determined by the Gaston College Admissions Office. If you have taken the Accuplacer (CPT), COMPASS, and/or ASSET within the past five years at another college or university, please request that the scores be submitted to the Admissions Office.
5. Complete new student orientation. <http://www.gastoncollegeonline.com/userlogin.inc.php>
6. Meet with a counselor or academic advisor for selection of courses, registration and specific information about the Health and Fitness Science Program.
7. International students must meet all admission requirements listed under General Admission Requirements. Proof of English proficiency is required. This may be established by making a minimum score of 540 (207 on the computer) on the Test of English as a Foreign Language (TOEFL).
8. Complete an application for the Associate Degree Health and Fitness Science Program in addition to the general application to Gaston College.

ADDITIONAL REQUIREMENTS

To be eligible to submit an application to the Health and Fitness Science Program:

1. Recent High School Graduate- Must have an overall grade point average of 2.8 or higher in high school courses or ACT score of 16 or higher or SAT score of 900 or higher or
2. Current college student- Must have an overall grade point average of 2.0 or better in required college courses or ACT score of 16 or higher or SAT score of 900 or higher
3. Prior to entering the Health and Fitness Science Program, you should complete coursework up through, or place out of developmental math 040 and DREQ 098.

4. Must have **grades of "C" or better in all related courses.**
5. Must have **completed the required Biology courses within 10 years from the date of application** to the program.
6. Criminal Background Checks and Annual Drug Screening. In order to comply with current Student Facility Affiliation Agreements students admitted into the Health and Fitness Science Program will be required to complete successful Criminal Background checks and Drug Screens according to Gaston College procedures before being placed in a co-op facility. The facility reserves the right to deny the student access to the facility. If the student is denied access, the student will not be allowed to continue in the program. Completion of co-op work experiences is required for the satisfactory completion of the program. More information will be provided upon conditional acceptance into the program.
7. A completed North Carolina Community College Student Medical Form documenting satisfactory emotional and physical health is required before entrance into the program by date to be announced by the Health and Fitness Science Coordinator.
8. **Additional Criteria:** Students may be required to submit documentation of additional non-academic criteria such as, but not limited to, Criminal Background Checks and/or fingerprints. More information will be available upon conditional acceptance to the program.
9. Applicants should be aware that travel in "out-of-service" areas may be required for Work-Based Learning experiences.

All above information must be provided and approved prior to enrollment in the program.

The following criteria will be utilized by the Admissions Committee in the selection process of recommending applicants for admission to the Health and Fitness Science Program:

While the ACT Score and the completion of all developmental level courses is the only required admission criterion, ADDITIONAL ADMISSION POINTS can be earned from the following categories

- a. College degree/diploma
- b. College level Anatomy & Physiology course
- c. College level English course
- d. College level Math course
- e. College level Physical Education/Health courses
- f. CPR Certification (current)
- g. College level Psychology course
- h. Accredited Fitness Certification (current)
- i. Previous fitness experience
- j. Interview conducted by the Admissions Committee

HEALTH REQUIREMENTS

1. Physical health is defined as being free of disabling or contagious disease, being able to perform fine and gross motor skills, and being able to perform normal weight-bearing activities.

A completed health form documenting satisfactory emotional and physical health is required before entrance into the program. Date required will be announced by the Health and Fitness Science Coordinator.



2. Emotional health is defined as reacting appropriately to stressful situations, withstanding everyday environmental stresses with little difficulty, using healthy coping mechanisms, and understanding one's own ability to cope with stressful situations.

Assessment of emotional health of applicants is made through the use of physical examinations, references, letters from psychiatrists or therapists if intensive therapy is in progress or has occurred, and psychological evaluations, if necessary.

Guidelines for Completing Immunization Record

IMPORTANT – The immunization requirements must be met; or according to NC law, you will be withdrawn from classes without credit.

Acceptable Records of Your Immunizations May be Obtained from Any of the Following: (Be certain that your name date of birth, and ID Number appear on each sheet and that all forms are mailed together. The records must be in black ink and the dates of vaccine administration must include the month, day, and year. **Keep a copy for your records.**)

- High School Records – These may contain some, but not all of your immunization information. Contact Student Services for help if needed. **Your immunization records do not transfer automatically. You must request a copy.**
- Personal Shot Records – Must be verified by a doctor's stamp or signature or by a clinic or health department stamp.
- Local Health Department
- Military Records or WHO (World Health Organization Documents)
- Previous College or University – **Your immunization records do not transfer automatically. You must request a copy.**

IMMUNIZATION REQUIREMENTS

ALL STUDENTS must have the results of a **TUBERCULIN SKIN TEST** done **WITHIN ONE YEAR PRIOR TO ENROLLMENT** in the Gaston College Health and Fitness Science program.

An **UP-TO-DATE TUBERCULIN TEST** is required for **EACH ADDITIONAL YEAR** of program enrollment.

Immunizations needed Based on Age	18 Years or Older Born in 1957 or Later	Born Prior to 1957	Over 50 Years of Age
DTP or Td (Tetanus, diphtheria, pertussis)	3	3	3
Measles (Rubeola) On or After 15 Months of Age	2		2
Rubella On or After 15 Months of Age	1	1	1
Mumps On or After 15 Months of Age	1		1
MMR (Measles, Mumps, Rubella) Booster Does in 1980 or later	1		
Td (Tetanus) Within the last 10 years	1	1	1

- History of varicella (chicken pox) **OR** Varicella Titer. ***If results do not indicate immunity (ask the HCP) 2 immunizations are required. Statement of having the disease is NO LONGER ACCEPTED.***
- History of physician diagnosed measles is acceptable.
- ONLY** laboratory proof of immunity to rubella is acceptable (Rubella titer). Rubella is not required if 50 years or older.
- The Hepatitis B Vaccine (recommended immunization) must be completed (series of three [3] injections) by the end of the spring semester, Freshman Year.

Note: Those students who do not pursue immunization for Hepatitis B will required to sign a waiver releasing Gaston College and the Health and Fitness Science Program of any responsibility for the possibility of their contracting Hepatitis B.



Health & Fitness Science Program – ESTIMATED STUDENT EXPENSES

First Semester Estimated Cost	
Physical Examination	\$200
Hepatitis B Vaccination Series	\$202
Registration Fees (Includes Usage, Lab, Technology, Student Activity, and Malpractice Insurance Fees)	\$1251
Uniforms	\$200
Textbooks	\$800
Criminal Background Check (Minimum)	\$24
Total	\$2677

Second Semester Estimated Cost	
Registration Fees (Includes Usage, Lab, Technology, and Student Activity Fees)	\$1256
Textbooks	\$500
Total	\$1756

Third Semester Estimated Cost	
Registration Fees (Includes Usage, Lab, Technology, Student Activity, and Malpractice Insurance Fees)	\$239.50
Textbooks	\$300
Drug Screen	\$35
Total	\$574.50
Total First Year	
	\$5007.50

Fourth Semester Estimated Cost	
Registration Fees (Includes Usage, Lab, Technology, and Student Activity Fees)	\$1214.50
Textbooks	\$450
ACSM Certification Exam Fee	\$250
Total	\$1914.50

Fifth Semester Estimated Cost	
Registration Fees (Includes Usage, Lab, Technology, Student Activity, and Malpractice Insurance Fees)	\$1038.50
Textbooks	\$400
Graduation Fee	\$45
Total	\$1483.50
Total Second Year	
	\$3398

Total First Year	\$5007.50
Total Second Year	3398.00
Total Estimated Degree Cost	\$8405.50

*Estimated cost based on 2013-2014 prices.



**Dallas Campus**

201 Highway 321 South
Dallas, NC 28034
704.922.6200
704.922.2323 (f)

Lincoln Campus

P.O. Box 600
511 South Aspen St.
Lincolnton, NC 28093
704.748.5200
704.748.1074 (f)

**Kimbrell Campus &
Textile Technology Center**

P.O. Box 1044
7220 Wilkinson Blvd.
Belmont, NC 28012
704.825.3737
704.825.7303 (f)