



Gaston College

Opportunities For Life

Student ID: _____
 Student Name: _____
 Advisor Name: _____

Catalog: **2012-2013 Gaston College Catalog**
 Program: **Health & Fitness Science, A.A.S. (A45630)**
 Minimum Credits
 Required: _____

Health & Fitness Science, A.A.S. (A45630)

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.

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.

Program Learning Outcomes:

1. Students will demonstrate the ability to design and teach specific exercise and fitness classes.
2. Students will demonstrate the ability to design and teach specific exercise and fitness classes
3. Students will demonstrate the ability to provide instruction in proper exercise technique, use of exercise equipment, and facilities.
4. Students will demonstrate the ability to design specific individual exercise programs.
5. Students will obtain at least one certifications from the American College of Sports Medicine.

Admission Information

For all programs, the following steps must be completed for admission into Gaston College:

1. Complete and submit application online or pick up application at the Gaston College Office of Admissions on the main campus, Dallas Campus, 2nd floor Myers Center.
2. Request that your high school mail an official high school transcript to the 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, or an 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 Office of Admissions. If you have taken the Accuplacer (CPT), COMPASS Placement Test, and/or ASSET within the past five years at another college or university, please request that the scores be submitted to the Gaston College Office of Admissions.
 - a. Individuals who have earned a "C" or better in both college-level Math and English courses from a regionally accredited institution shall have the test waived.
 - b. Students who scored 500 or higher on the Verbal or Critical Reading portion of the SAT are not required to take the Writing and Reading portions of the placement test. Students who scored 500 or higher on the Mathematics portion of the SAT are not required to take the Mathematics portion of the placement test. Official test score results must be no more than 5 years old and they must be received and evaluated by the Office of Admissions.
 Students who score a 18 or higher on the English portion of the ACT will be exempted from the Writing portion of the college's placement test. Students who score a 21 or higher on the Reading portion of the ACT will be exempted from the Reading portion of the college's placement test. Students who score a 22 or higher on the Mathematics portion of the ACT will be exempted from the Math portion of the ACT will be exempted from the Math portion of the college's placement test. Official test score results must be no more than 5 years old and they must be received and evaluated by the Office of Admissions.
 - c. ASSET/COMPASS Placement Test and completion of any identified developmental courses are required prior to acceptance

into the Health and Fitness Science Program.

5. Complete New Student Orientation at Gaston College.
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. Persons interested should contact Jacob Surratt at 704-922-2283.

To be Eligible to Submit an Application to the Associate Degree Health and Fitness Science Program Applicants Must Have:

1. A minimum composite score of 16 or higher on the ACT examination or a score of 830 or higher on the SAT examination to receive full acceptance into the Health and Fitness Science Program. Scores that are lower than listed above may be considered for conditional acceptance. These scores must be current within five (5) years of program admission. Individuals with a previous college degree will have the ACT/SAT examination waived with proof of graduation from an accredited college.
2. An overall GPA of at least 2.0 in college level coursework taken.

Competitive Admission Criteria

The following is used by the Health and Fitness Science Program Admissions Committee in the selection process of qualified applicants:

1. ACT/SAT Score
2. Completion of all developmental courses.
3. Number of required general education courses completed (with a minimum grade of C) by the end of the fall semester in which application is made.
4. Interview with the Health and Fitness Science faculty admissions committee.

Admission points are calculated based on the above criteria. The final selection of the applicants into the program is made by the program coordinator in consultation with the Health and Fitness Science Program Admissions Committee.

Students Admitted to Health and Fitness Science Program

In addition to maintaining a 2.0 GPA and earning a minimum grade of "C" in all Health and Fitness Science curriculum courses, applicants accepted into the HFS program must meet the following requirements in order to enroll and continue HFS courses:

- Orientation session for HFS Program.
- Immunizations required by the N.C. Community College System and clinical agencies.
- Satisfactory physical and emotional health examination documented on a N.C. Community College Student Medical Form provided by the Health and Fitness Science Program.
- Criminal background check and fingerprinting .
- Drug screen.

Co-op facilities reserve the right to deny a student access to the facility based on failure to meet the above requirements. If a student is denied access to any co-op facility, the student will not be allowed to continue in the Health and Fitness Science Program. Detailed information regarding these agency requirements will be provided upon conditional acceptance into the Health and Fitness Science Program.

Program Costs:

In addition to tuition and textbooks, costs of this program include the following: uniforms, a physical examination, immunizations, criminal background check, FBI fingerprinting, drug screening at a time designated by the Health and Fitness Science faculty, fees for American College of Sports Medicine membership, and the American College of Sports Medicine Certified Personal Trainer Examination.

First Year

Fall

| Course Name | Term Taken | Grade |
|---|-------------------|--------------|
| BIO 168 Anatomy and Physiology I (4 Credit Hours) | | |
| ENG 111 Expository Writing (3 Credit Hours) | | |
| PSF 110 Exercise Science (4 Credit Hours) | | |
| PSF 218 Lifestyle Changes & Wellness (4 Credit Hours) | | |
| PED 122 Yoga I (1 Credit Hour) | | |
| HEA 112 First Aid & CPR (2 Credit Hours) | | |

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|---|-------------------|--------------|
| Total Credit Hours: 18 | | |
| Spring | | |
| Course Name | Term Taken | Grade |
| PSF 111 Fitness and Exercise Testing I (4 Credit Hours) | | |
| PSF 116 Prevention and Care of Exercise Related Injuries (3 Credit Hours) | | |
| PSF 120 Group Exercise Instruction (2 Credit Hours) | | |
| BIO 169 Anatomy and Physiology II (4 Credit Hours) | | |
| PED 113 Aerobics I (1 Credit Hour) | | |
| COM 120 Intro Interpersonal Com (3 Credit Hours) | | |
| Total Credit Hours: 18 | | |
| Summer | | |
| Course Name | Term Taken | Grade |
| PSY 150 General Psychology (3 Credit Hours) | | |
| BIO 155 Nutrition (3 Credit Hours) | | |
| Total Credit Hours: 6 | | |
| Second Year | | |
| Fall | | |
| Course Name | Term Taken | Grade |
| PSF 118 Fitness Facility Management (4) | | |
| PSF 210 Personal Training (3 Credit Hours) | | |
| PED 117 Weight Training I (1 Credit Hour) | | |
| MAT 140 Survey of Mathematics (3 Credit Hours) | | |
| COE 111 Co-op Work Experience I (1 Credit Hour) | | |
| ****ELECTIVE**** (3 Credit Hours) | | |
| Total Credit Hours: 15 | | |
| Spring | | |
| Course Name | Term Taken | Grade |
| PSF 212 Exercise Programming (3 Credit Hours) | | |
| PSF 214 Health and Fitness Law (3 Credit Hours) | | |
| COE 121 Co-op Work Experience II (1 Credit Hour) | | |
| PSY 275 Health Psychology (3 Credit Hours) * | | |
| **Humanities/Fine Arts (3 Credit Hours) ** | | |
| ****ELECTIVE**** (3 Credit Hours) | | |
| Total Credit Hours: 16 | | |
| Note(s): | | |
| <i>* Students may substitute PSY 271 Sports Psychology</i> | | |
| <i>* Students may chose from the following courses to take as an elective****</i> | | |
| Course Name | Term Taken | Grade |
| CHM 151 General Chemistry I (4 Credit Hours) | | |
| MAT 171 Precalculus Algebra (3 Credit Hours) | | |
| MAT 171A Precalculus Algebra Lab (1 Credit Hours) | | |
| ENG 112 Argument-Based Research (3 Credit Hours) | | |
| ENG 113 Literature-Based Research (3 Credit Hours) | | |
| ENG 114 Prof Research & Reporting (3 Credit Hours) | | |
| MAT 151 Statistics I (3 Credit Hours) | | |
| MAT 151A Statistics I Lab (1 Credit Hour) | | |
| BUS 137 Principles of Management (3 Credit Hours) | | |

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| BUS 230 Small Business Management (3 Credit Hours) | | |
| BUS 234 Training and Development (3 Credit Hours) | | |
| MKT 120 Principles of Marketing (3 Credit Hours) | | |
| MKT 220 Advertising and Sales Promotion (3 Credit Hours) | | |
| Total Semester Hour Credits: 73 | | |
| Notes: | | |
| A student not enrolled for a period of two consecutive semesters, excluding summer, must graduate under the provision of the catalog in effect on his/her last re-entry date. | | |