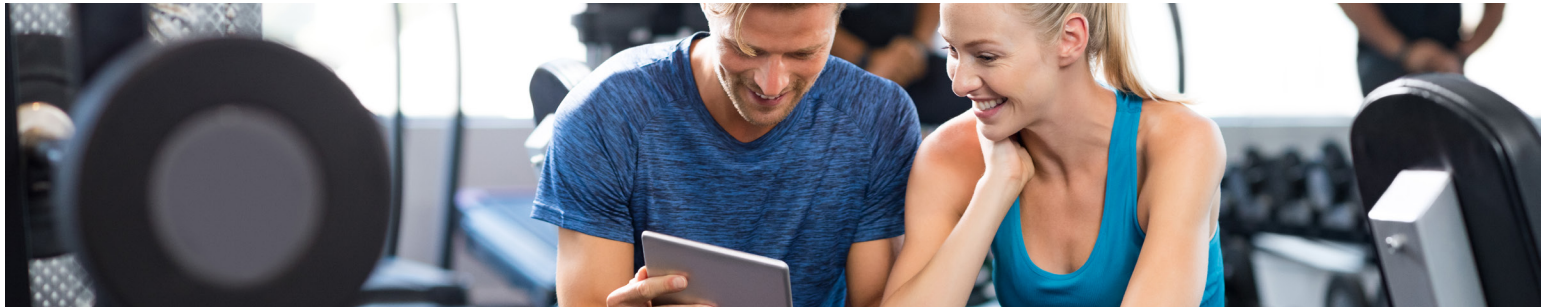


Health Fitness Professional



Why Health Fitness?

Health Fitness Professionals work in various settings filling a multitude of roles in supporting clients to achieve personal health and fitness goals. As coaches/mentors, Health Fitness Professionals promote, develop and implement successful lifestyle plans which incorporate physical activity and training, healthy eating habits and lifestyle management. The Health Fitness Professional can anticipate opportunities in the many areas of the field as businesses continue to recognize the benefits of health and fitness programs for their employees and more people are taking an active role in prevention of chronic disease and injury, seeking expert guidance with their health, wellness and sport goals.

The mission of the Health Fitness Professional program is to provide students with the most current knowledge and skills to become leaders within the many areas of the health/wellness industry. The program's goal is to provide hands-on learning experiences that integrate effective communication and assessment skills. Students become competent in developing the professional/client relationship, identifying client's needs/goals, creating and implementing individualized and group plans/programs targeting needs/goals, all while providing clients with ongoing coaching and support. In combining these skills with the knowledge of the human body, the program provides a progressive and strong foundation toward a successful career in many areas of the evolving health field.

Program Outcomes

Students who graduate from this program will:

- Demonstrate strengths in rapport building and communication skills required to establish a level of credibility that builds and maintains successful professional/client relationships
- Demonstrate knowledge and skills needed to safely and effectively assess, develop and implement appropriate health/wellness and training programs for various populations
- Utilize knowledge of the human body systems in assessing, programming and monitoring clients
- Possess the knowledge and skills needed to successfully complete industry leading (ACSM, ACE, NSCA, NASM) national certification exams
- Demonstrate an awareness and appreciation of the importance of involvement in local business, community and industry organizations

Potential Jobs

- Corrective Exercise Specialist
- Exercise Specialist
- Fitness Director
- Personal Trainer
- Group Exercise Leader
- Wellness Coach

Potential Salary*

There is a wide range of jobs in the exercise science industry. See below for the average annual salary range in NH for a **Fitness Instructor**.

ENTRY LEVEL	MID-RANGE	EXPERIENCED
\$31,928	\$49,691	\$57,949

**New Hampshire Occupational Employment & Wages 2021, published by the NH Economic + Labor Market Information Bureau — Salaries are based on 40 hours of work, not including overtime.*

Transfer Opportunities

- Franklin Pierce University
 - New England College
 - UNH
 - Plymouth State University
 - Keene State College
- ...and many more!

Professional Experience Opportunities

- Boston Sports Club
 - Executive Health & Sports Club
 - YMCA
- ...and many more!

Employment of fitness trainers and instructors is expected to grow by 10% from 2016 to 2026, faster than the average for all occupations. — www.bls.gov



Degree & Certificate Requirements

Health Fitness Professional Degree

Degree Program - First Year

First Year	Fall Semester	TH	LAB	CR
HFIT105M	Essentials of Exercise Science	3	0	3
HFIT109M	Nutrition for Health Fitness Professionals	3	0	3
HFIT111M	Introduction to Health Fitness Professions	3	0	3
HFIT112M	Effective Consultation Skills	2	1	2
ENGL110XM or ENGL110M	College Composition I with Corequisite or College Composition I	4	0	4
FYE100M	MCC Essentials	1	0	1
Total		16	1	16

First Year	Spring Semester	TH	LAB	CR
HFIT113M	Applied Exercise Physiology	3	2	4
HFIT135M	Functional Assessment and Restorative Exercise	2	3	3
BIOL106M	Essentials of Human Anatomy and Physiology I	3	0	3
BIOL107M	Essentials of Human Anatomy and Physiology I Lab	0	3	1
HFIT114M	Nutrition for Health Fitness Professionals Lab	0	2	1
MATH145M or MATH145XM	Quantitative Reasoning or Quantitative Reasoning - Corequisite	4	0	4
Total		12	10	16

First Year	Summer Term	TH	LAB	CR
HFIT100M	ACE Personal Trainer Exam review	1	0	1
HFIT213M	Resistance Training	2	3	3
Total		3	3	4

Degree Program - Second Year

Second Year	Fall Semester	TH	LAB	CR
AHLT225M	ACE Health and Wellness Coach	3	0	3
HFIT220M	Performance Training	2	2	3
HFIT230M	Kinesiology	3	2	4
BUS124M	Entrepreneurship and Small Business Mgmt.	3	0	3
	Social Science Elective	3	0	3
Total		14	4	16

Second Year	Spring Semester	TH	LAB	CR
HFIT218M	Group Exercise Leadership for Special Populations	3	4	3
HFIT221M	Professional Experience	2	4	3
HFIT240M	Management Strategies for the Injured Client	3	0	3
	Foreign Language/Humanities/Fine Arts Elective	3	0	3
Total		11	8	12
Total Credits - 64				



All courses and degree requirements are subject to change. For the most current information on MCC programs, visit mccnh.edu.

Personal Training Certificate

		TH	LAB	CR
HFIT100M	ACE Personal Trainer Review Course	1	0	1
HFIT105M	Essentials of Exercise Science	3	0	3
HFIT109M	Nutrition for Health Fitness Professionals	3	0	3
HFIT111M	Introduction to Health Fitness Professions	3	0	3
HFIT112M	Effective Consultation Skills	2	1	2
HFIT113M	Applied Exercise Physiology.	3	2	4
HFIT114M	Nutrition for Health Professionals Lab	0	2	1
HFIT135M	Functional Assessment and Programming	2	3	3
HFIT213M	Resistance Training	2	3	3
Total Credits - 23				

Program Policies

- Courses in the Health Fitness Professional and Personal Training Programs are sequenced in a progressive manner and must be taken in the order listed.
- Students wishing to transfer have the option of taking BIOL110M & BIOL120M in place of BIOL106M & BIOL107M. BIOL110M requires successful completion, "C" or better of High School Biology and Chemistry, therefore it is recommended students complete those courses prior to entry in the Health Fitness Professional Program.
- A grade of "C" or better in HFIT105M is required to continue in the Health Fitness Professional program. Students may retake a course once if the minimum grade is not earned.
- Due to physical activity requirements of the program, students must complete an Informed Consent and a preparticipation screening form prior to participation in any HFIT courses. Based on screening results, students may be asked to obtain a medical clearance for exercise from their physician. Students with any limitations to exercise should contact the program coordinator and/or faculty member to discuss the physical activity requirements of the program or specific courses they wish to register for as some of the courses involve high intensity activities.
- All students must have or purchase the required Fitness Assessment Equipment which include, a stethoscope, blood pressure cuff, heart rate monitor, tape measure, skinfold caliper and stop watch prior to participation in HFIT courses. Students may purchase these tools individually on their own or a complete Fitness Appraisal Kit can be purchased at the bookstore or online. Please consult faculty for more information on the equipment requirements for specific classes.
- Students are responsible for any travel to and from all HFIT class that involve off campus site visits including observation sites, professional experience sites and community service sites.
- Students are required to purchase a program shirt to be worn during class events, community service and professional experience. Additional information on shirt purchase will be provided in class or consult faculty member for more information.
- Students must acquire and maintain American Heart Association Heart Saver CPR/ AED Certification or American Red Cross equivalent throughout the program. The certification is available in HFIT111M for an additional fee and required for participation in Professional Experience.
- A background check will be completed prior to participation in HFIT225M and may also be required for certain professional experience and community service sites.
- Students participating in Professional Experience at clinical sites will be required to show proof of physical exam, immunizations.

Technical Standards

- Students seeking careers within health and fitness should be physically and mentally fit, have passion for health and wellness and be able to withstand a physically active, high paced work environment and have the ability to respond quickly and appropriately as required.
- Students are expected to have the maturity to exercise sound judgment, maintain confidentiality, accept direction and guidance from a supervisor or faculty member, and establish rapport and maintain sensitive interpersonal relationships with teachers, fellow students and clients.