

PHYSICAL FITNESS SPECIALIST

Associate in Applied Science



The Physical Fitness Specialist degree is designed to meet rising demand in the growing health and wellness field. Students will be required to sit for the American College of Sports Medicine (ACSM) exam upon completion of the degree.

Graduates from this program will be able to enter the workforce as a personal fitness specialist in a variety of settings working with individuals in health, wellness, and fitness programs. Graduates may also choose to transfer into a bachelor's degree program in the life/exercise sciences such as physical education, athletic training, community health education, strength and conditioning, and other exercise science disciplines.

Graduates may pursue careers as:

- **Physical Fitness Specialists**
- **Physical Fitness Entrepreneurs**
- **Physical Therapy Assistants**
- **Strength & Conditioning Assistant Coaches**
- **Personal Trainers**
- **Group Exercise Instructors**
- **Health Coaching**

After graduation transfer to a four-year college or university to further employability as:

- **Athletic Trainers**
- **Strength & Conditioning Coaches**
- **Physical Education Teachers**
- **Health & Exercise Science Specialists**

Please see catalog for full program requirements.

Central Maine Community College is an equal opportunity/affirmative action institution and employer.

Degree Requirements

Semester I		Credit Hours
ENG ___	Select one of the following:	3
	*ENG 101 College Writing	
	ENG 105 College Writing Seminar	(4)
BIO ___	Select one of the following sets:	4
	BIO 101 Intro to General Bio Lecture and BIO 102 Intro to General Bio Lab	
	or	
	**BIO 115 Anatomy & Physiology I Lecture and	
	**BIO 116 Anatomy & Physiology I Lab	
PSY 101	Introduction to Psychology	3
COM 100	Public Speaking	3
Semester II		
BIO ___	Select one of the following:	3
	BIO 105 Essentials of Anatomy & Physiology	
	or	
	**BIO 117 Anatomy & Physiology Lecture II and	(3)
	**BIO 118 Anatomy & Physiology Lab II	(1)
BIO 121	Nutrition	3
MAT ___	Select one of the following:	3
	*MAT 100 Intermediate Algebra	
	MAT 101 Business Math	
PHF 155	Introduction to Exercise Science	4
PHF 150	Methods of Life Style Coaching	3
Semester III		
PHF 122	Kinesiology	3
___	Elective: PSY/SOC	3
PHF 204	Nutrition to Improve Human Performance	3
PHF 207	Introduction to Injury Prevention & Management	3
PHF 197	Field Experience	2
Semester IV		
PHI 111	Introduction to Ethics	3
PHF 251	Methods of Teaching Group Exercise	3
PHF 208	Exercise Test and Prescription	4
ENG ___	Select one of the following:	3
	ENG 220 Business Communication	
	ENG 201 Technical Writing	
PHF 299	Practicum	4
Total Credit Hour Requirements		60-61



**Placement determined by assessment test scores and/or prior college coursework*



Physical Fitness Specialist Degree Prerequisites/Requirements:

Applicants must be in exceptionally good health due to the physical requirements of the program. Criminal background checks and/or liability insurance may be required before the practicum experience and/or may be required by a potential employer. Prior to enrolling students must have a current Standard First Aid and CPR card.

Office of Admissions

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www.cmcc.edu

Find CMCC on social media at CMCCMaine!

