

# 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 Techs**
- **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**

## Degree Requirements

Semester I	Credit Hours
ENG ___* <b>Select one of the following:</b>	<b>3</b>
ENG 101 College Writing	
ENG 105 College Writing Seminar	(4)
BIO ___ <b>Select one of the following sets:</b>	<b>4</b>
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
LER 100 First Year Seminar PHF	1
 <b>Semester II</b>	
BIO ___ <b>Select one of the following:</b>	<b>3</b>
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 ___* <b>Select one of the following:</b>	<b>3</b>
MAT 100 Intermediate Algebra	
MAT 101 Business Math	
PHF 155 Introduction to Exercise Science	4
PHF 150 Methods of Life Style Coaching	3
 <b>Semester III</b>	
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
 <b>Semester IV</b>	
PHI 111 Introduction to Ethics	3
PHF 251 Methods of Teaching Group Exercise	3
PHF 208 Exercise Test and Prescription	4
ENG ___ <b>Select one of the following:</b>	<b>3</b>
ENG 220 Business Communication	
ENG 201 Technical Writing	
PHF 299 Practicum	4
 <b>Total Credit Hour Requirements</b>	 <b>61-62</b>



*\*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](http://www.cmcc.edu)

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