



Fitness Management

PROGRAM DESCRIPTION

Fitness Management Program

The Fitness program was created to offer entry credentials and hands-on training required in the industry. Our partnership with The American Council on Exercise (ACE) integrates the Personal Trainer Certification (ACE-CPT) into the two-year program. Graduates are ready to work in the top facilities in the country or start their own business.

Students experience lots of hands-on training, visit top facilities in the region and complete a 200-hour capstone internship in preparation for work. Hocking College alumni are gym owners, directors of major Corporate Facilities and personal trainers and group fitness instructors excelling all over the country and also paying back by serving as hosts for internship and site visits.

ALL-INCLUSIVE PRICING

Hocking College offers all-inclusive pricing and works with students to assure they have complete college funding, including financial aid, before they start classes. All-inclusive pricing includes the following:

PER SEMESTER

\$300.....Learning Fee
\$20.....Health Center Services
\$75.....Career Center Services

OPTIONAL

\$53.....Parking
\$275.....Smart Start*

*Recommended for all first-year college students

Pricing for housing and meal plans can be found at hocking.edu/residence-halls.



DEGREE TRACK

The listed degree track is for students beginning classes in May 2021 who will pursue an Associate of Applied Science in Fitness Management.

AUTUMN 1				
SCHEDULE	COURSE	COURSE NAME	CREDIT HOURS	COURSE FEE
8 Weeks (1)	FT-1110	Introduction to Fitness	3.00	\$235
8 Weeks (1)	ENGL-1510	English Composition I	4.00	\$50
8 Weeks (2)	FT-1160	Resistance Training	3.00	\$180
8 Weeks (2)	MATH-1103	Applied Mathematics	3.00	\$150
16 Weeks	GS-1010	Pathway to Prosperity	1.00	\$50
			SEMESTER TOTAL	14.00
			IN-STATE TUITION & FEES	\$3,315
			OUT-OF-STATE TUITION & FEES	\$5,570
SPRING 1				
SCHEDULE	COURSE	COURSE NAME	CREDIT HOURS	COURSE FEE
8 Weeks (1)	PED-1401	Beginning Swimming	1.00	\$100
8 Weeks (1)	EM-1134	Basic Life Support (CPR)/BFA	1.00	\$255
8 Weeks (1)	FT-1130	Aerobic & Group Exercise	3.00	\$180
8 Weeks (1)	COMM-1130	Speech	3.00	\$50
8 Weeks (2)	MICS-1121	Microsoft Office	3.00	\$55
8 Weeks (2)	FT-1126	Fitness Testing (SL/CR)	4.00	\$205
8 Weeks (2)	PSYC-1101	General Psychology	3.00	\$50
			SEMESTER TOTAL	18.00
			IN-STATE TUITION & FEES	\$3,545
			OUT-OF-STATE TUITION & FEES	\$5,800
AUTUMN 2				
SCHEDULE	COURSE	COURSE NAME	CREDIT HOURS	COURSE FEE
8 Weeks (1)	FT-2131	Group Exercise & Testing	3.00	\$180
8 Weeks (1)	BIOS-1113	Anatomy & Physiology I	4.00	\$305
8 Weeks (1)	FT-2191	Professional Development Trips & Site Visits	3.00	\$360
8 Weeks (2)	FT-2233	ACE Certification Prep I	3.00	\$180
8 Weeks (2)	FT-2220	Fitness Management Projects (SL/CR)	3.00	\$190
			SEMESTER TOTAL	16.00
			IN-STATE TUITION & FEES	\$3,865
			OUT-OF-STATE TUITION & FEES	\$6,120
SPRING 2				
SCHEDULE	COURSE	COURSE NAME	CREDIT HOURS	COURSE FEE
8 Weeks (1)	FT-2210	The Personal Fitness Trainer	3.00	\$190
8 Weeks (1)	FT-2234	ACE Certification Prep II	3.00	\$400
8 Weeks (2)	FT-2297	Directed Practice	4.00	\$280
8 Weeks (2)	DT-1102	Basic Nutrition	3.00	\$105
8 Weeks (2)	GS-2010	Pathway to Prosperity II	1.00	\$50
			SEMESTER TOTAL	13.00
			IN-STATE TUITION & FEES	\$3,675
			OUT-OF-STATE TUITION & FEES	\$5,930
			TOTAL CREDIT HOURS	62.00
			TOTAL IN-STATE TUITION & FEES	\$14,400*
			TOTAL OUT-OF-STATE TUITION & FEES	\$23,420*

*All courses and course fees are subject to change. Visit us online to see the most up-to-date curriculum and pricing for this program.

QUESTIONS? CONTACT ME.

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www.hocking.edu/fitness-management