# 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, personal trainers and group fitness instructors excelling all over the country.

## 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 2022 who will pursue an Associate of Applied Science in Fitness Management.

| AUTUMN 1 | | | | |
|---|---|---|---|---|
| **SCHEDULE** | **COURSE** | **COURSE NAME** | **CREDIT HOURS** | **COURSE FEE** |
| 8 Weeks (1) | ENGL-1510 | English Composition I | 4.00 | $50 |
| 8 Weeks (1) | FT-1110 | Introduction to Fitness | 3.00 | $235 |
| 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) | COMM-1130 | Speech | 3.00 | $50 |
| 8 Weeks (1) | EM-1135 | Basic Life Support (CPR)/BFA | 0.50 | $255 |
| 8 Weeks (1) | FT-1130 | Aerobic & Group Exercise | 3.00 | $180 |
| 8 Weeks (1) | PED-1401 | Beginning Swimming | 1.00 | $100 |
| 8 Weeks (2) | FT-1126 | Fitness Testing (SL/CR) | 4.00 | $205 |
| 8 Weeks (2) | MICS-1121 | Microsoft Office | 3.00 | $210 |
| 8 Weeks (2) | PSYC-1101 | General Psychology | 3.00 | $50 |
| | | **SEMESTER TOTAL** | **17.50** | |
| | | **IN-STATE TUITION & FEES** | | **$3,700** |
| | | **OUT-OF-STATE TUITION & FEES** | | **$5,955** |
| **AUTUMN 2** | | | | |
| **SCHEDULE** | **COURSE** | **COURSE NAME** | **CREDIT HOURS** | **COURSE FEE** |
| 8 Weeks (1) | BIOS-1113 | Anatomy & Physiology I | 4.00 | $500 |
| 8 Weeks (1) | FT-2131 | Group Exercise & Testing | 3.00 | $180 |
| 8 Weeks (1) | FT-2191 | Professional Development Trips & Site Visits | 3.00 | $360 |
| 8 Weeks (2) | FT-2220 | Fitness Management Projects (SL/CR) | 3.00 | $190 |
| 8 Weeks (2) | FT-2233 | ACE Certification Prep I | 3.00 | $180 |
| | | **SEMESTER TOTAL** | **16.00** | |
| | | **IN-STATE TUITION & FEES** | | **$4,060** |
| | | **OUT-OF-STATE TUITION & FEES** | | **$6,315** |
| **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) | DT-1102 | Basic Nutrition | 3.00 | $105 |
| 8 Weeks (2) | FT-2297 | Directed Practice | 4.00 | $280 |
| 8 Weeks (2) | GS-2010 | Pathway to Prosperity II | 1.00 | $50 |
| | | **SEMESTER TOTAL** | **14.00** | |
| | | **IN-STATE TUITION & FEES** | | **$3,675** |
| | | **OUT-OF-STATE TUITION & FEES** | | **$5,930** |
| | | **TOTAL CREDIT HOURS** | **61.50** | |
| | | **TOTAL IN-STATE TUITION & FEES** | | **$14,750*** |
| | | **TOTAL OUT-OF-STATE TUITION & FEES** | | **$23,770*** |

**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

Updated April 2022 - AU