|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Proposed Semester** | **Course Code** | **Course Name** | **Credit Hours** | **Mode of Delivery** | **Instructor Qualifications** | **Course Fee** |
| 1st |  |  |  |  |  |  |
|  | FT 1110 | Introduction to Fitness | 3 | transfer | MS in Sport related field or Exercise Physiology | $60 |
|  | FT 1160 | Resistance Training | 3 | transfer | MS in Sport related field or Exercise Physiology | $60 |
|  | EM 1134 | CPR/Pro 1st Aid | 1 | transfer | Certified in CPR/1St Aid | $110 |
|  | MICS 1126 | Microsoft Office-presentation | 1 | Transfer or  (online) | MS in computer technology | $70 |
|  | MICS 1125 | Microsoft Office-  Spreadsheet | 1 | Transfer or (Online) | MS in computer technology | $70 |
|  | MICS1123 | Microsoft Office- Word Processing | 1 | Transfer or (on-line) | MS in computer technology | $70 |
|  | GS 1000 | Cornerstone | 1 | transfer | College orientation course | $80 |
|  | ENGL 1510 | English Composition I | 4 | online | MS in English | $50 |
|  | PED??? | Health Promotion Elective | 1 | transfer |  |  |
|  | TOTAL |  | **12** |  |  |  |
| 2nd |  |  |  |  |  |  |
|  | FT 1125 | Fitness Testing | 3 | transfer | MS in Sport related field or Exercise Physiology | $60 |
|  | FT 1130 | Aerobic and Group Exercise | 3 | transfer | MS in Sport related field or Exercise Physiology | $410 |
|  | PSYC 1101 | General Psychology | 3 | Transfer or (online) | MS in Psychology | $15 |
|  | BIOS 1113 | A&P I | 4 | transfer | MS in Biological Sciences | $170 |
|  | ENGL 1104 | Job Search Techniques | 1 | transfer | MS in Communications | $15 |
|  | TOTAL |  | **14** |  |  |  |
|  |  |  |  |  |  |  |

**Fitness Management Program-OPTION A**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Proposed Semester** | **Course Code** | **Course Name** | **Credit Hours** | **Mode of Delivery** | **Instructor Qualifications** | **Course Fee** |
| 3rd |  |  |  |  |  |  |
|  | FT 2296 | Group Exercise and testing Practicum | 3 | transfer | MS in Sport related field or Exercise Physiology | $60 |
|  | FT 2298 | Internship practicum | 3 | transfer | MS in Sport related field or Exercise Physiology | $60 |
|  | DT 1102 | Basic Nutrition | 3 | transfer | MS, Registered Dietician | $10 |
|  | BIOS 1114 | A&P II | 4 | transfer | MS in Biological Sciences | $170 |
|  | COMM 1130 | Speech | 3 | transfer | MS in Communications | $40 |
|  | TOTAL |  | **16** |  |  |  |
| 4th |  |  |  |  |  |  |
| Summer at HC | FT 2220 | Fitness Management Projects | 3 | At HC | MS in Sport related field or Exercise Physiology | $60 |
|  | FT 2210 | The Personal Fitness Trainer-PFT certification | 3 | At HC | MS in Sport related field or Exercise Physiology | $110 |
|  | FT 2230 | ACE Certification and Prep-  ACE certification | 4 | At HC | MS in Sport related field or Exercise Physiology | $421 |
|  | FT 2291 | Professional Development Field Trip | 1 | At HC | MS in Sport related field or Exercise Physiology | $170 |
|  | PED ?? | Health Promotion Elective | 1 | AT HC | MS in Sport related field or Exercise Physiology |  |
|  | PED ?? | Health Promotion Elective | 1 | AT HC | MS in Sport related field or Exercise Physiology |  |
|  | MATH 1103 | Applied Mathematics | 3 | AT HC | MS in Mathematics | $182 |
|  | TOTAL |  | **16** |  |  |  |
|  | ENGL 1510 | English Composition I | 4 | AT HC-1st semester | MS in English | $50 |
|  | TOTAL |  | 20 |  |  | $993 |

|  |  |
| --- | --- |
| SUMMER ROOM And BOARD | $1600 |
| TUITION (12-18 credits) | $4392 |
| HC G.R.E.A.T SCHOLARSHIP | $2196 |
| TUITIONFOR PER CREDIT COST ABOVE 18 CREDITS | $732 |
| COURSE FEES | $993 |
| SEMESTER COST | $5521 |
| Plus travel costs | TBD |

**TOTAL COST ESTIMATE**