

**CERTIFICATE
HEALTH AND FITNESS SCIENCE
(C45630)**

Name: _____

Student ID: _____

College Readiness	
	<u>English</u>
Must enroll in Transition English (ENG-002) course	
Must enroll in ENG-111 co-requisite course	
May enroll directly into ENG-111	
	<u>Math</u>
Must enroll in Transition Math (MAT-003) course	
Must enroll in co-requisite course MAT-043, MAT-052, MAT-071	
May enroll directly into MAT-143, MAT-152, MAT-171	

FIRST FALL SEMESTER				
Course Prefix & Number	Course Title	Semester & Year	Grade	Credit Hours
HEA 112	CPR & First Aid			2
HFS 110	Exercise Science			4
TOTAL				6

FIRST SPRING SEMESTER				
Course Prefix & Number	Course Title	Semester & Year	Grade	Credit Hours
HFS 111	Fitness & Exercise Testing I			4
HFS 116	Prevention & Care of Exercise Injuries			3
HFS 118	Fitness Facility Management			4
TOTAL				11
TOTAL CREDIT HOURS				17

"Brunswick Community College does not discriminate on the basis of race, religion, color, national origin, gender, age, political affiliation, genetic information, sexual orientation or disability."