



Physical Fitness and Wellness

Certificate: NIACC

Health Division

Credit

16-17 semester hours

Contact:

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Program Description

The Health, Wellness, and Leisure Services program prepares students for direct employment or ongoing study in these fields. Graduates may find employment working with people of all ages with diverse backgrounds in such areas as health and fitness, municipal parks, commercial recreation, nonprofit settings, community agencies, tourism, and outdoor recreation. The program focuses on direct service programming as it relates to health, wellness, and leisure activities for both the individual and groups.

Admission Requirements

- NIACC Application for Admission
- High school transcript or GED scores
- ACT scores or COMPASS assessment
- Other college transcripts

Curriculum

BIO-151	Nutrition
BUS-107	Business Careers
BUS-225	Business Internship
PEH-140	First Aid
PEA-146	Physical Fitness
PEA-147	Physical Fitness Lab
PEC-122	Anatomy & Physiology for Coaching
PEC-127	Care & Prevention of Athletic Injuries
PEH-111	Personal Wellness
Physical Education/Activities Electives	

Program Fees

Tuition & Fees	\$116.25 per semester hour
Books	\$ varies
Other fees	\$ varies
Total	\$ varies

Career Potential

The Physical Fitness and Wellness certificate is intended for individuals desiring an introduction to health and wellness. It may be taken in combination with the A.A. degree. National Certification is available through the American Council of Exercise (ACE).