



Physical Fitness and Wellness

Diploma: NIACC

Health Division

Credit

31 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

BUS-107 Business Careers
 BUS-161 Human Relations
 HSC-150 Body Structure & Function
 PEA-146 Physical Fitness
 PEA-147 Physical Fitness Lab
 PEH-111 Personal Wellness
 Elective(s)

Second Term (Spring Semester)

BIO-151 Nutrition
 BUS-225 Business Internship
 MKT-110 Principles of Marketing
 PEC-127 Care & Prevention of Athletic Injuries
 PEH-140 First Aid
 Physical Education/Activities Elective
 Elective(s)

Program Fees

Tuition & Fees	\$3,603.75
Books	\$ varies
Other fees	\$ none
Total	\$3,603.75 (+ books)

Career Potential

The intent of the Physical Fitness and Wellness diploma is to provide a foundation for students interested in group fitness and/or becoming a personal trainer. National Certification is available through the American Council of Exercise (ACE).