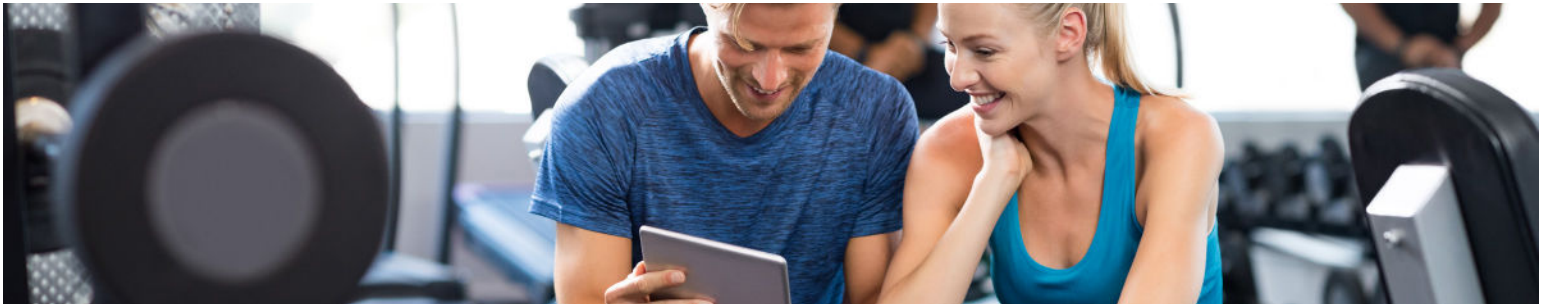


Health Fitness Professional



Why Health Fitness?

Health Fitness Professionals work in various settings filling a multitude of roles in supporting clients to achieve personal health and fitness goals. As coaches and mentors, Health Fitness Professionals promote, develop and implement successful lifestyle plans which incorporate physical activity and training, healthy eating habits and lifestyle management. You can anticipate opportunities in many areas of this field as businesses continue to recognize the benefits of health and fitness programs for their employees and more people take an active role in preventing chronic disease and injury, seeking expert guidance with their health, wellness and athletic goals.

Program Goals

The mission of the Health Fitness Professional program is to equip you with cutting-edge knowledge and skills necessary to excel as leaders in various sectors of the health and wellness industry. Our primary objective is to offer you hands-on learning opportunities that seamlessly integrate effective communication, assessment and programming skills. These skills will enable you to establish and cultivate professional-client relationships, accurately identify clients' needs and goals, and help you devise and implement tailored plans and programs for individuals and groups alike.

Acquired Skills

After completing your HFP degree, you will be able to:

- Establish and maintain successful professional-client relationships by demonstrating exceptional rapport-building and communication skills, fostering credibility and trust.
- Safely and effectively assess, develop, and implement tailored health, wellness, and training programs for diverse populations, ensuring optimal outcomes.
- Apply comprehensive knowledge of human body systems to assess, program, and monitor clients' progress accurately and effectively.
- Successfully pass industry-leading national certification exams such as ACSM, ACE, NSCA, NASM, showcasing your proficiency and readiness for professional practice.
- Recognize and appreciate the significance of active involvement in local business, community, and industry organizations, fostering continuous learning, networking and professional growth.

Potential Jobs

Graduates of this program typically find employment as a:

- Corrective Exercise Specialist
- Exercise Specialist
- Fitness Director
- Personal Trainer
- Group Fitness Instructor
- Health/Wellness Coach

Potential Salary*

There is a range of jobs in the exercise science industry. See below for the average annual salary range in NH for a **Group Fitness Instructor**

ENTRY LEVEL	MID-RANGE	EXPERIENCED
\$25,402	\$48,166	\$87,446

*Career Coach 2024, mccnh.lightcastcc.com

Transfer Opportunities

Completion of the HFP degree also prepares you for transfer to various health programs such as exercise physiology, physical therapy, kinesiology, athletic training and health education. With your degree you can transfer to schools like:

- Franklin Pierce University
- New England College
- UNH - University of New Hampshire
- Plymouth State University
- Keene State College
- ...and many more!

Professional Experience

The Professional Experience class requires you to participate in an internship at a leading health facility like one of these:

- Executive Health & Sports Club
- Flexible Assisted Stretch
- YMCA

The employment of fitness professionals is projected to grow 14 percent from 2022 to 2032, faster than the average for all occupations!. — www.bls.gov



Degree & Certificate Requirements

Health Fitness Professional Degree

Degree Program - First Year

First Year	Fall Semester	TH	LAB	CR
HFIT105M	Essentials of Exercise Science	3	0	3
HFIT109M	Nutrition for Health Fitness Professionals	3	0	3
HFIT111M	Introduction to Health Fitness Professions	3	0	3
HFIT112M	Effective Consultation Skills	2	1	2
ENGL110XM or ENGL110M	College Composition I with Corequisite or College Composition I	4	0	4
FYE100M	MCC Essentials	1	0	1
Total		16	1	16
First Year	Spring Semester	TH	LAB	CR
HFIT113M	Applied Exercise Physiology	3	2	4
HFIT135M	Functional Assessment and Restorative Exercise	2	3	3
BIOL106M	Essentials of Human Anatomy and Physiology	3	0	3
BIOL107M	Essentials of Human Anatomy and Physiology Lab	0	3	1
HFIT114M	Nutrition for Health Fitness Professionals Lab	0	2	1
MATH145M or MATH145XM	Quantitative Reasoning or Quantitative Reasoning - Corequisite	4/4	0	4/4
Total		12	10	16
First Year	Summer Term	TH	LAB	CR
HFIT100M	ACE Personal Trainer Exam review	1	0	1
HFIT213M	Resistance Training	2	3	3
Total		3	3	4

Degree Program - Second Year

Second Year	Fall Semester	TH	LAB	CR
AHLT225M	ACE Health and Wellness Coach	3	0	3
HFIT220M	Performance Training	2	2	3
HFIT230M	Kinesiology	3	2	4
BUS124M	Entrepreneurship and Small Business Mgmt.	3	0	3
	Social Science Elective	3	0	3
Total		14	4	16
Second Year	Spring Semester	TH	LAB	CR
HFIT218M	Group Exercise Leadership for Special Populations	2	4	3
HFIT221M	Professional Experience	2	4	3
HFIT240M	Management Strategies for the Injured Client	3	0	3
	Foreign Language/Humanities/Fine Arts Elective	3	0	3
Total		10	8	12
Total Credits - 64				



All courses and degree requirements are subject to change. For the most current information on MCC programs, see mccnh.edu/programs.

Personal Training Certificate

		TH	LAB	CR
HFIT100M	ACE Personal Trainer Exam Review	1	0	1
HFIT105M	Essentials of Exercise Science	3	0	3
HFIT109M	Nutrition for Health Fitness Professionals	3	0	3
HFIT111M	Introduction to Health Fitness Professions	3	0	3
HFIT112M	Effective Consultation Skills	2	1	2
HFIT113M	Applied Exercise Physiology.	3	2	4
HFIT114M	Nutrition for Health Professionals Lab	0	2	1
HFIT135M	Functional Assessment and Restorative Exercise	2	3	3
HFIT213M	Resistance Training	2	3	3
Total Credits - 23				

Program Requirements

Courses in the Health Fitness Professional and Personal Training Programs are sequenced in a progressive manner and must be taken in the order listed.

- Students wishing to transfer into this program have the option of taking BIOL110M & BIOL120M in place of BIOL106M & BIOL107M. BIOL110M requires successful completion and a "C" or better in High School Biology and Chemistry, therefore it is recommended that you complete those courses prior to entry in the Health Fitness Professional program.
- A grade of "C" or better in HFIT105M is required to continue in the Health Fitness Professional program. You may retake a course once if the minimum grade is not earned.
- Due to physical activity requirements of the program, students must also complete an Informed Consent and a preparticipation screening form prior to participation in any HFIT courses. Based on screening results, students may be asked to obtain a medical clearance for exercise from their physician. Students with any limitations to exercise should contact the program coordinator and/or faculty member to discuss the physical activity requirements of the program or specific courses they wish to register for as some of the courses involve high intensity activities.
- Prior to participation in HFIT courses, you must have or purchase the following list of required Fitness Assessment Equipment: a stethoscope, blood pressure cuff, heart rate monitor, tape measure, skinfold caliper and stop watch. Students may purchase these tools individually on their own or a complete Fitness Appraisal Kit can be purchased at the bookstore or online. Please consult faculty for more information on the equipment requirements for specific classes.
- You are responsible for any travel to and from all HFIT class that involve off campus site visits including observation sites, professional experience sites and community service sites.
- You are required to purchase a program shirt to be worn during class events, community service and professional experience. Additional information on shirt purchase will be provided in class or consult faculty member for more information.
- You must acquire and maintain American Heart Association Heart Saver CPR/ AED Certification or American Red Cross equivalent throughout the program. The certification is available in HFIT111M for an additional fee and required for participation in Professional Experience.
- A background check will be completed prior to participation in HFIT225M and may also be required for certain professional experience and community service sites.
- Students participating in Professional Experience at clinical sites will be required to show proof of physical exam and immunizations.

Technical Standards

- If you are seeking a career in health and fitness you should be physically and mentally fit, have passion for health and wellness and be able to withstand a physically active, high paced work environment and have the ability to respond quickly and appropriately as required.
- You are also expected to have the maturity to exercise sound judgement, maintain confidentiality, accept direction and guidance from a supervisor or faculty member, and establish rapport and maintain sensitive interpersonal relationships with teachers, fellow students and clients.