

Health and Fitness Technology (HFT)

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The health and fitness technician works in many areas of health promotion, and must be able to motivate clients, adapt exercises to client needs, and monitor the safety and progress of clients. Graduates of the Health and Fitness Technology program earn an Associate of Applied Science degree.

Cincinnati State also offers several certificates in specialized areas of health and fitness. These areas include aquatic fitness instruction and personal training, group fitness instruction, Pilates mat instruction, personal fitness training, resistance training, fitness instruction for special populations, and certification in lifeguarding and scuba diving.

Aquatic Group Fitness Instructor Certificate (AFIC)

The Aquatic Group Fitness Instructor certificate prepares students to design and lead comprehensive aquatic classes for clients at various fitness levels. Program graduates are prepared to take the Aquatic Exercise Association (AEA) national certification examination to become a Certified Aquatic Fitness Professional. Graduates may be employed by health clubs, corporate fitness centers, recreation programs, hospitals, or senior centers. Job activities may include designing safe aquatic classes, scheduling classes, and assisting clients with goal setting and motivation.

Aquatic Personal Trainer Certificate (APFTC)

The Aquatic Personal Trainer certificate is designed for experienced personal trainers who want to expand their menu of services by providing personal training for clients in an aquatic environment. Students learn about the effects of water properties on exercise programming, formats for aquatic exercise, and how to monitor exercise intensity in aquatic environments.

Graduates may be employed by health clubs, fitness centers, or wellness centers. Job activities may include fitness testing and risk factor identification, conducting individual and group exercise programs, counseling clients on behavior modifications, and designing individualized fitness programs.

Group Fitness Instructor Certificate (GFIC)

The Group Fitness Instructor certificate prepares students for job activities such as designing safe classes for traditional and/or step aerobic exercises, scheduling classes, setting goals, and motivating participants. Graduates are prepared to take a national certification examination to become a Certified Group Fitness Instructor. Graduates may work in health clubs, corporate fitness centers, aerobic studios, or recreation programs.

Health and Fitness Special Populations Certificate (HFSPC)

The Health and Fitness Special Populations certificate prepares students to work in the field of health and fitness with a wide range of special populations including clients with chronic diseases, youth, older adults, and clients concerned with women's health.

Lifeguarding Certificate (LIFEC)

The Lifeguarding certificate program prepares students for the American Red Cross Lifeguarding Certification. Students learn to recognize and respond to aquatic emergencies, prevent drowning and injuries, and meet standards for CPR for professional rescuers.

Personal Fitness Trainer Certificate (PFTC)

The Personal Fitness Trainer certificate prepares students to develop safe fitness programs focused on health maintenance for healthy individuals. Graduates may be employed by health clubs, fitness centers, or wellness centers. Job activities may include fitness testing, identifying risk factors, conducting individual and group exercise programs, counseling clients in behavior modification, and designing individualized fitness programs. Graduates are prepared to take the American College of Sports Medicine (ACSM) Certified PT Exam.

Pilates Mat Instructor Certificate (PMIC)

The Pilates Mat Instructor certificate prepares students to develop safe and effective Pilates Mat exercise classes for a variety of fitness levels. Individuals who complete this certificate will be prepared to teach Pilates Mat to people of all body types, ages, and physical conditions. Graduates may be employed by health clubs, wellness centers, and university recreation centers. Graduates are prepared to take the national certification examination to become a Certified Pilates Mat Instructor.

Resistance Training Certificate (RSTC)

The Resistance Training certificate prepares students to develop safe, effective, and efficient resistance training programs. Students evaluate biomedical, physiological, and genetic factors affecting strength and muscle tissue gain and learn proper form, technique, and spotting for resistance exercises using body weight, free weights, resistance machines, and other resistance-training disciplines. Graduates may be employed as corporate, community, or hospital-based fitness and personal resistance program trainers.

Scuba Diving Certificate (SCUBAC)

The Scuba Diving certificate provides students with the skills and techniques needed to complete the open water dives required for certification in scuba diving. Students learn about the physiology of underwater environments, entry and exit techniques, buoyancy control, how to handle specialized equipment, and how to respond to emergencies.

Health and Fitness Technology (HFT)

All degree-seeking students must complete a First Year Experience (FYE) course as part of the first 12 credit hours taken at Cincinnati State.

Semester 1		Credits
ENG 101	English Composition	3
HFT 130	Foundations of Health and Wellness Programs	3
BIO 151	Anatomy and Physiology 1	4
XXX XXX Humanities/ Social Sciences Elective 1		3
Semester 2		
ENG 10X English Composition Elective		3
DT 120	NUTRITION FOR A HEALTHY LIFESTYLE	3
BIO 152	Anatomy and Physiology 2	4
XXX XXX Business Elective 1		3
PE XXX Physical Education Elective 1		1
Semester 3		
EMS 100	CPR and First Aid for the Health Care Professional	1
COMM 110	Public Speaking	3
XXX XXX Humanities/ Social Sciences Elective 2		3
XXX XXX Business Elective 2		3
Semester 4		
BUS 190	Professional Practices	1
HFT 1XX Special Populations Elective 1		3
HFT 250	Exercise Physiology	4
XXX XXX Health and Fitness Elective 2		4
PE XXX Physical Education Elective 2		1
XXX XXX Health and Fitness Elective 1		4
Semester 5		
HFT 1XX Special Populations Elective 2		3
HFT 260	Health and Fitness Program Design	4
HFT 294	Internship 1: Health and Fitness Technology	2
XXX XXX Health and Fitness Elective 3		2
Total Credits:		65

Electives

Humanities/Social Sciences Electives ¹

Any ART, CULT, ECO, GEO, HST, LBR, LIT, MUS, PHI, POL, PSY, SOC

English Composition Elective

ENG 102	Composition and Argument	3
ENG 103	Composition and Literature	3
ENG 104	Composition and Technical Communication	3
ENG 105	Composition and Business Communication	3

Business Electives ¹

Any ACC, MGT, MKT

Physical Education Electives

Any PE

Health and Fitness Electives

Select five of the following: 10

HFT 100	Lifeguarding	
HFT 102	Journal Writing	
HFT 104	Herbology	
HFT 108	Aromatherapy	
HFT 116	Pilates Mat Instructor	
HFT 120	Alternative and Complementary Medicine	
HFT 122	Group Fitness Instructor	
HFT 124	Resistance Training Instructor	
HFT 128	Aquatic Group Fitness Instructor	
HFT 151	Personal Fitness Trainer 1	
HFT 152	Personal Fitness Trainer 2	
HFT 156	Establishing a Personal Training Business	
HFT 160	Aquatic Personal Trainer	
HFT 164	Health and Fitness Training: Chronic Diseases and Conditions	
HFT 168	Health and Fitness Training: Youth	
HFT 172	Health and Fitness Training: Older Adults	
HFT 176	Health and Fitness Training: Women's Health	
HFT 180	Pilates Mat Practicum	
HFT 182	Personal Fitness Trainer Practicum	
DT 105	GERIATRIC NUTRITION	
DT 110	COMMUNITY NUTRITION	
DT 120	NUTRITION FOR A HEALTHY LIFESTYLE	
DT 125	Nutrition Through the Lifecycle	

Special Populations Electives

Select two of the following: 6

HFT 164	Health and Fitness Training: Chronic Diseases and Conditions	
HFT 168	Health and Fitness Training: Youth	
HFT 172	Health and Fitness Training: Older Adults	
HFT 176	Health and Fitness Training: Women's Health	

¹ Choose 6 credits from at least two different subject areas

Aquatic Group Fitness Instructor Certificate (AFIC)

Program Prerequisites: AFL 085 Applications of College Reading and Writing and AFM 095 Foundations of Basic Algebra or appropriate placement test scores.

EMS 100	CPR and First Aid for the Health Care Professional	1
HFT 128	Aquatic Group Fitness Instructor	4
Total Credits		5

Aquatic Personal Trainer Certificate (APFTC)

Program Prerequisites: HFT 152 Personal Fitness Trainer 2 and HFT 182 Personal Fitness Trainer Practicum (minimum grade C for both).

EMS 100	CPR and First Aid for the Health Care Professional	1
HFT 160	Aquatic Personal Trainer	2
Total Credits		3

Group Fitness Instructor Certificate (GFIC)

Program Prerequisites: AFL 085 Applications of College Reading and Writing and AFM 095 Foundations of Basic Algebra or appropriate placement test scores.

EMS 100	CPR and First Aid for the Health Care Professional	1
HFT 122	Group Fitness Instructor	4
Total Credits		5

Health and Fitness Special Populations Certificate (HFSPC)

Program Prerequisites: BIO 152 Anatomy and Physiology 2 and ENG 101 English Composition (minimum grade C for both).

Semester 1		Credits
HFT 164	Health and Fitness Training: Chronic Diseases and Conditions	3
HFT 168	Health and Fitness Training: Youth	3
Semester 2		
HFT 172	Health and Fitness Training: Older Adults	3
HFT 176	Health and Fitness Training: Women's Health	3
Total Credits:		12

Lifeguarding Certificate (LIFEC)

Program Prerequisites: Must be at least 16 years old. Must pass a pre-test during first class session including swimming 20 yards, retrieving a 10-point diving brick from 7 to 10 feet, swimming using kicks only, and exiting the pool. Must demonstrate ability to swim continuous 300 yards with face in water, 100 yards of front crawl, and 100 yards of either crawl or breast stroke.

HFT 100	Lifeguarding	2
Total Credits		2

Personal Fitness Trainer Certificate (PFTC)

Program Prerequisites: AFL 085 Applications of College Reading and Writing and AFM 095 Foundations of Basic Algebra or appropriate placement test scores.

Semester 1		Credits
EMS 100	CPR and First Aid for the Health Care Professional	1
HFT 151	Personal Fitness Trainer 1	4
Semester 2		
HFT 152	Personal Fitness Trainer 2	4
HFT 156	Establishing a Personal Training Business	3
HFT 182	Personal Fitness Trainer Practicum	2
Total Credits:		14

Pilates Mat Instructor Certificate (PMIC)

Program Prerequisites: AFL 085 Applications of College Reading and Writing and AFM 095 Foundations of Basic Algebra or appropriate placement test scores.

EMS 100	CPR and First Aid for the Health Care Professional	1
HFT 116	Pilates Mat Instructor	2
HFT 180	Pilates Mat Practicum	2
Total Credits		5

Resistance Training Certificate (RSTC)

Program Prerequisite: Program Prerequisite: HFT 122 Group Fitness Instructor or HFT 128 Aquatic Group Fitness Instructor or HFT 151 Personal Fitness Trainer 1 (minimum grade C for all).

EMS 100	CPR and First Aid for the Health Care Professional	1
HFT 124	Resistance Training Instructor	4
Total Credits		5

Scuba Diving Certificate (SCUBAC)

Program Prerequisites: Students must pass a pre-test during the first class session including swimming 200 yards (any style, any speed), swimming underwater for 25 feet on one breath, and remaining afloat or treading water for 10 minutes.

PE 172	Scuba Diving	3
Total Credits		3