

Health and Fitness Technology (HFT)

Health and Fitness Technology (HFT)

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.

Yoga Teacher Training Certificate (YIC)

The Yoga Teacher Training Certificate prepares students to design yoga sequences for healthy adults, along with an introduction to designing yoga routines for children, pregnant women, and seniors. This 200-hour interdisciplinary program also covers other key aspects of yoga practice. Graduates of this certificate program qualify for registration with the National Yoga Alliance as a Registered Yoga Teacher (RYT) at the 200-hour level.

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		Lec	Lab	Credits
ENG 101	English Composition 1	3	0	3
HFT 130	Foundations of Health and Wellness Programs	2	2	3
BIO 151	Anatomy and Physiology 1	3	2	4
XXX XXX Humanities/Social Sciences Elective 1				3
Semester 2				
DT 120	NUTRITION FOR A HEALTHY LIFESTYLE	3	0	3
BIO 152	Anatomy and Physiology 2	3	2	4
ENG 10X English Composition Elective				3
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	0	1
COMM 110	Public Speaking	3	0	3
XXX XXX Humanities/Social Sciences Elective 2				3
XXX XXX Business Elective 2				3
Semester 4				
HFT 250	Exercise Physiology	3	2	4
BUS 190	Professional Practices	2	0	2
HFT 1XX Special Populations Elective 1				3
PE XXX Physical Education Elective 2				1
XXX XXX Health and Fitness Elective 1				4
XXX XXX Health and Fitness Elective 2				4
Semester 5				
HFT 260	Health and Fitness Program Design	3	2	4
HFT 294	Internship 1: Health and Fitness Technology	1	40	2
HFT 1XX Special Populations Elective 2				3

XXX XXX Health and Fitness Elective 3			2
Total Credits:	27	50	66

Electives

Humanities/Social Sciences Electives ¹			
Any ART, CULT, ECO, GEO, HST, LBR, LIT, MUS, PHI, POL, PSY, SOC			6
English Composition Elective			
ENG 102	English Composition 2: Contemporary Issues		3
ENG 103	English Composition 2: Topics in Literature		3
ENG 104	English Composition 2: Technical Communication		3
ENG 105	English Composition 2: Business Communication		3
Business Electives ¹			
Any ACC, MGT, MKT			6
Physical Education Electives			
Any PE			4
Health and Fitness Electives			
Select 10 credits from the following courses:			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 1 (minimum grade C for both).

Semester 1		Lec	Lab	Credits
HFT 164	Health and Fitness Training: Chronic Diseases and Conditions	3	0	3
HFT 168	Health and Fitness Training: Youth	3	0	3
Semester 2				
HFT 172	Health and Fitness Training: Older Adults	3	0	3
HFT 176	Health and Fitness Training: Women's Health	3	0	3
Total Credits:		12	0	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		Lec	Lab	Credits
EMS 100	CPR and First Aid for the Health Care Professional	1	0	1
HFT 151	Personal Fitness Trainer 1	3	2	4

Semester 2

HFT 152	Personal Fitness Trainer 2	3	2	4
HFT 156	Establishing a Personal Training Business	3	0	3
HFT 182	Personal Fitness Trainer Practicum	1	7	2
Total Credits:		11	11	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

Yoga Teacher Training Certificate (YIC)

Semester 1		Lec	Lab	Credits
HFT 118	Yoga Teacher Training 1	3	4	5
HFT 184	Yoga Internship 1	1	2	2
Semester 2				
HFT 119	Yoga Teacher Training 2	3	4	5
HFT 185	Yoga Internship 2	1	2	2
Total Credits:		8	12	14

Courses

HFT 100 Lifeguarding

2 Credits. 1 Lecture Hour. 2 Lab Hours.

A course that prepares students for the American Red Cross Lifeguarding Certification. Topics include: recognizing and responding to aquatic emergencies, preventing drowning and injuries, and CPR for the Professional Rescuer.

Prerequisites: None

HFT 102 Journal Writing

2 Credits. 2 Lecture Hours. 0 Lab Hour.

A course on using journal writing to reduce stress. Topics include: journaling techniques for self reflection, self exploration, and self healing.

Prerequisites: None

HFT 104 Herbology

4 Credits. 4 Lecture Hours. 0 Lab Hour.

A course on herbal preparations and their effects on the human body. Topics include: properties of herbs, categorizing herbs, naturopathic formulas, herbal reactions, and analysis techniques for deficiencies.

Prerequisites: None

HFT 108 Aromatherapy

3 Credits. 2 Lecture Hours. 2 Lab Hours.

A course on using essential oils in clinical settings and personal life for specific conditions. Topics include: history; preparing a variety of blends; and understanding physiological, mental, and emotional effects of aromatherapy.

Prerequisites: None

HFT 116 Pilates Mat Instructor

2 Credits. 1 Lecture Hour. 2 Lab Hours.

A course that prepares students for the National Pilates Mat Certification Examination. Topics include: history and principles of Pilates, levels of exercises, safety guidelines, instructional concepts, and modifications for special populations.

Prerequisites: AFL 085 and AFM 095 or appropriate placement test scores

HFT 118 Yoga Teacher Training 1

5 Credits. 3 Lecture Hours. 4 Lab Hours.

A course that prepares students for National Yoga Alliance Certification. Topics include: building a personal practice, instructional concepts, safety guidelines, modifications for special populations, physical anatomy, and yoga techniques/practices

Prerequisites: AFL 085 and AFM 095, or appropriate placement test scores

HFT 119 Yoga Teacher Training 2

5 Credits. 3 Lecture Hours. 4 Lab Hours.

A continuation of HFT 118 that prepares students for National Yoga Alliance Certification. Topics include: guidelines, modifications for special populations, anatomy, and yoga techniques/practices.

Prerequisites: HFT 118

HFT 120 Alternative and Complementary Medicine

3 Credits. 3 Lecture Hours. 0 Lab Hour.

A course on foundation concepts of alternative and complementary medicine. Topics include: mind-body techniques, movement-oriented approaches, community based health care practices, manual healing methods, biological treatments, and diet and nutrition in the prevention and treatment of disease.

Prerequisites: AFL 085 and AFM 095 or appropriate placement test scores

HFT 122 Group Fitness Instructor

4 Credits. 3 Lecture Hours. 2 Lab Hours.

A course that prepares students for the National Group Fitness Instructor Examination. Topics include: communication skills, instructional concepts, effective exercise design, choreography, safety guidelines, and modifications for special populations.

Prerequisites: AFL 085 and AFM 095 or appropriate placement test scores

HFT 124 Resistance Training Instructor

4 Credits. 3 Lecture Hours. 2 Lab Hours.

A course on theories and guidelines for designing safe, effective, and efficient resistance training programs. Topics include: evaluation of biomechanical, physiologic, and genetic factors affecting strength and muscle tissue gain.

Prerequisites: HFT 122, HFT 128, HFT 152 (minimum grade C for all)

HFT 128 Aquatic Group Fitness Instructor

4 Credits. 3 Lecture Hours. 2 Lab Hours.

A course on aquatic exercise principles, techniques, and group instruction skills for students pursuing aquatic group fitness instructor certification. Topics include: anatomy and physiology of aquatic exercise, effects of water on the body, movement analysis, and class formats.

Prerequisites: AFL 085 and AFM 095 or appropriate placement test scores

HFT 130 Foundations of Health and Wellness Programs

3 Credits. 2 Lecture Hours. 2 Lab Hours.

A course on developing fitness and wellness programs for individuals and groups, emphasizing disease prevention and health promotion. Topics include: fitness testing for each fitness component, behavior modification, nutrition, stress management, addictions, sexually transmitted disease, and chronic disease.

Prerequisites: AFL 085 and AFM 095 or appropriate placement test scores

HFT 151 Personal Fitness Trainer 1

4 Credits. 3 Lecture Hours. 2 Lab Hours.

A course on techniques used in the personal training fitness field. Topics include: the body's response to exercise, screening and consultation guidelines, dietary principles, and communication and documentation.

Prerequisites: AFL 085 and AFM 095 or appropriate placement test scores

HFT 152 Personal Fitness Trainer 2**4 Credits. 3 Lecture Hours. 2 Lab Hours.**

A continuation of HFT 151 that prepares students for the National Certified Personal Trainer Exam. Topics include: applying exercise principles, using therapeutic exercise, working with special populations, understanding legal issues, and analyzing and evaluating fitness techniques.

Prerequisites: HFT 151 (minimum grade C)

HFT 156 Establishing a Personal Training Business**3 Credits. 3 Lecture Hours. 0 Lab Hour.**

A course on strategies for promoting personal training services and establishing a client base. Topics include: using resources to build a client base, applying sales processes, networking, analyzing needs, and handling objections.

Prerequisites: HFT 151 (minimum grade C)

HFT 160 Aquatic Personal Trainer**2 Credits. 1 Lecture Hour. 2 Lab Hours.**

A course for experienced personal trainers who want to enter the aquatic fitness field. Topics include: effects of water properties on exercise programming, monitoring exercise intensity in aquatic environments, and aquatic exercise formats.

Prerequisites: HFT 152, HFT 182 (minimum grade C for both)

HFT 164 Health and Fitness Training: Chronic Diseases and Conditions**3 Credits. 3 Lecture Hours. 0 Lab Hour.**

A course on how common conditions affect the exercise response. Topics include: developing an exercise plan, and effects of medications on exercise performance.

Prerequisites: BIO 152 and (ENG 101 or ENG REQ) (minimum grade C for both)

HFT 168 Health and Fitness Training: Youth**3 Credits. 3 Lecture Hours. 0 Lab Hour.**

A course on current national guidelines for youth fitness and physical activity. Topics include: childhood obesity; the role of school, family, and community in youth fitness; and cultural and gender differences.

Prerequisites: ENG 101 or ENG REQ (minimum grade C)

HFT 172 Health and Fitness Training: Older Adults**3 Credits. 3 Lecture Hours. 0 Lab Hour.**

A course on the impact of exercise on quality of life for older adults. Topics include: ACSM guidelines for testing and prescription, effects of the aging process on exercise, and program development.

Prerequisites: ENG 101 or ENG REQ (minimum grade C)

HFT 176 Health and Fitness Training: Women's Health**3 Credits. 3 Lecture Hours. 0 Lab Hour.**

A course on exercise programming throughout a woman's life stages, including adolescence, prenatal, and menopause. Topics include: conditions that affect women and exercise, and program design.

Prerequisites: BIO 152 and (ENG 101 or ENG REQ) (minimum grade C for both)

HFT 180 Pilates Mat Practicum**2 Credits. 1 Lecture Hour. 7 Lab Hours.**

Students apply Pilates knowledge and skills in a health and fitness setting by observing and assisting in Pilates Mat classes taught by a certified Pilates instructor.

Prerequisites: None

HFT 182 Personal Fitness Trainer Practicum**2 Credits. 1 Lecture Hour. 7 Lab Hours.**

Students apply personal fitness training knowledge and skills in a health and fitness setting by observing and assisting with classes taught by a professional personal fitness trainer.

Prerequisites: HFT 151 (minimum grade C)

HFT 184 Yoga Internship 1**2 Credits. 1 Lecture Hour. 2 Lab Hours.**

Students apply yoga knowledge and skills in a practice setting by observing and assisting in classes taught by a certified Yoga Instructor.

Prerequisites: AFL 085 and AFM 095, or appropriate placement test scores

HFT 185 Yoga Internship 2**2 Credits. 1 Lecture Hour. 2 Lab Hours.**

Students apply yoga knowledge and skills in a practice setting by observing and assisting in classes taught by a certified Yoga Instructor.

Prerequisites: HFT 184

HFT 198 First Year Special Topics in Health and Fitness Technology

1-9 Credits. 0 Lecture Hour. 0 Lab Hour.

A course on selected topics related to Health and Fitness Technology, which gives students opportunities to study information not currently covered in other courses. Grades issued are A, B, C, D, or F.

Prerequisites: AFL 085 and AFM 095, or appropriate placement test score

HFT 199 First Year Independent Project in Health and Fitness Technology

1-9 Credits. 0 Lecture Hour. 0 Lab Hour.

A project related to Health and Fitness Technology that is completed by one or more students to meet specific educational goals. Projects must have prior approval and supervision by Health and Fitness Technology faculty. Grades issued are Satisfactory or Unsatisfactory.

Prerequisites: Vary by section

HFT 250 Exercise Physiology

4 Credits. 3 Lecture Hours. 2 Lab Hours.

A course on the human body's response and adaptations to exercise and physical training. Topics include: the influence of exercise on body systems, optimal physiological adaptations for improving fitness and performance, and testing and programming related to exercise and fitness.

Prerequisites: BIO 152, ENG 101 or ENG REQC, HFT 130 (minimum grade C for all)

HFT 260 Health and Fitness Program Design

4 Credits. 3 Lecture Hours. 2 Lab Hours.

A course on skills for identifying, assessing, designing, promoting, implementing, and evaluating programs for health and fitness in various settings.

Topics include: needs assessment, funding, marketing, and using tools for evaluating program outcomes.

Prerequisites: HFT 130, HFT 250 (minimum grade C for both)

HFT 294 Internship 1: Health and Fitness Technology

2 Credits. 1 Lecture Hour. 40 Lab Hours.

Students seeking an associate's degree participate in their first unpaid field learning experience related to their degree. Students must follow applicable policies and procedures to earn credit. Grades issued are Satisfactory or Unsatisfactory.

Prerequisites: EMS 100, HFT 250, and BUS 190 (minimum grade C for all)

HFT 298 Second Year Special Topics in Health and Fitness Technology

1-9 Credits. 0 Lecture Hour. 0 Lab Hour.

A course on selected topics related to Health and Fitness Technology, which gives students opportunities to study information not currently covered in other courses. Grades issued are A, B, C, D, or F.

Prerequisites: None

HFT 299 Second Year Independent Project in Health and Fitness Technology

1-9 Credits. 0 Lecture Hour. 0 Lab Hour.

A project related to Health and Fitness Technology that is completed by one or more students to meet specific educational goals. Projects must have prior approval and supervision by Health and Fitness Technology faculty. Grades issued are Satisfactory or Unsatisfactory.

Prerequisites: Vary by section