

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, while gaining knowledge and skills in anatomy and physiology, foundations of exercise, health and wellness principles, and emergency procedures. Graduates also gain business and computer skills.

While completing requirements for the associate's degree, students complete the Personal Fitness Trainer certificate and may also complete one or more of the following certificates: Group Fitness Instructor, Pilates Mat Instructor, Resistance Training, or Yoga Teacher Training.

For more information, please contact the Health and Public Safety Division at (513) 569-1670.

To apply for this program at Cincinnati State, visit our Admissions Page (<http://www.cincinnati-state.edu/academics/admission>)

Health and Fitness Technology (HFT)

Semester 1		Lec	Lab	Credits
ENG 101	English Composition 1 (G)	3	0	3
FYE 1XX	First Year Experience Elective (B)	1	0	1
MAT 105	Quantitative Reasoning (G)	2	2	3
HFT 130	Foundations of Health and Wellness Programs (B)	2	2	3
Semester 2				
ENG 10X	English Composition Elective (G)	3	0	3
BIO 151	Anatomy and Physiology 1 (B)	3	2	4
PE 1XX	Physical Education Elective 1 (B)	0	2	1
PSY 110	Introduction to Psychology (G)	3	0	3
Semester 3				
EMS 100	CPR and First Aid for the Health Care Professional (B)	1	0	1
COMM 110	Public Speaking (G)	3	0	3
BIO 152	Anatomy and Physiology 2 (B)	3	2	4
HFT 151	Personal Fitness Trainer 1 (T)	2	2	3

HFT XXX	Special Populations Elective (T)	3	0	3
Semester 4				
HFT 250	Exercise Physiology (T)	3	2	4
HFT 152	Personal Fitness Trainer 2 (T)	2	2	3
HFT 156	Establishing a Personal Training Business (T)	3	0	3
HFT 182	Personal Fitness Trainer Practicum (T)	1	7	2
DT 120	Nutrition for a Healthy Lifestyle (B)	3	0	3
Semester 5				
HFT 260	Health and Fitness Program Design (T)	2	2	3
HFT 294	Internship: Health and Fitness Technology (T)	1	40	2
XXX XXX	Health and Fitness Elective (T)	3	0	3
HFT 255	Anatomical Kinesiology (T)	3	0	3
PE 1XX	Physical Education Elective 2 (B)	0	2	1
Total Credits:		50	67	62

Electives

English Composition Elective

ENG 102	English Composition 2: Contemporary Issues (Health Fitness for Special Populations)	3
ENG 103	English Composition 2: Writing about Literature	3
ENG 104	English Composition 2: Technical Communication	3
ENG 105	English Composition 2: Business Communication	3

Health and Fitness for Special Populations Elective

HFT 164	Health and Fitness Across the Life Span 1	3
HFT 168	Health and Fitness Across the Life Span 2	3

Physical Education Electives (2 credit hours required)

Any PE

Health and Fitness Elective (3 credit hours required)

Group Fitness Instructor Certificate (GFIC)		
HFT 122	Group Fitness Instructor	4
Pilates Mat Instructor Certificate (PMIC)		
HFT 116	Pilates Mat Instructor	2
HFT 180	Pilates Mat Practicum	2
Resistance Training Certificate (RSTC)		
HFT 124	Resistance Training Instructor	4
Yoga Teacher Training Certificate (YIC)		
HFT 118	Yoga Teacher Training 1	5

HFT 119	Yoga Teacher Training 2	5
HFT 184	Yoga Internship 1	2
HFT 185	Yoga Internship 2	2
Aquatics Group Fitness Instructor Certificate (AFIC)		
HFT 128	Aquatic Group Fitness Instructor	4
Aquatics Personal Fitness Instructor Certificate (APFTC)		
HFT 160	Aquatic Personal Trainer	2
Dietetic Technology		
DT 135	Sports Nutrition	3

The letters G, B, and T (displayed after course titles or elective descriptions) identify types of courses required by the Ohio Department of Higher Education as part of an associate's degree curriculum.

G = General Education course in this curriculum

B = Basic Skills course in this curriculum

T = Technical course in this curriculum

Faculty

Program Chair/Advisor (All Health & Fitness programs)

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