

# FITNESS TECHNOLOGY

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Sylvania Campus  
Health Technology Building (HT), Room 215  
971-722-4210

[www.pcc.edu/programs/fittech](http://www.pcc.edu/programs/fittech)

## CAREER AND PROGRAM DESCRIPTION

The Fitness Technologist is a professional member of the preventive health care team and will find employment in health and fitness clubs, wellness centers, public and private recreation facilities, hospitals and corporate fitness programs. The Fitness Technologist performs a variety of instructional and administrative duties. Instructional duties include directing safe and effective exercise programs, conducting fitness testing and instructing clients in appropriate sport and fitness activities. Administrative duties include sales, club business operations and member retention efforts. Fitness Technologists have a background in basic anatomy and physiology, applied kinesiology and fitness assessment and programming.

The Fitness Technology program has an articulation agreement in place with PSU. Students who successfully complete the Fitness Technology AAS degree may transfer to PSU as a junior.

## DEGREES AND CERTIFICATES OFFERED

### Associate of Applied Science Degree

Fitness Technology

### One-Year Certificate

Fitness Technology

### Less Than One-Year: Career Pathway Certificate

Healthy Older Adult Fitness

## PREREQUISITES AND REQUIREMENTS

1. High school diploma or equivalent
2. Attend Fitness Technology orientation. Check the Fitness Technology website for dates and times of orientations.
3. Must have completed MTH 65 or higher and WR 121 with a C or better. For the Healthy Older Adult Fitness Career Pathway students must: Complete WR 121 and placement into MTH 65 or higher.
4. Applicant needs to be a PCC student before they apply.
5. Program entry begins Spring/Fall term. Check the Fitness Technology website for application deadlines.
6. Due to limited space, all prerequisites and requirements must be completed prior to application and acceptance into the program.

Applicants with disabilities are encouraged to contact Disability Services 971-722-4341.

Students are prepared for entry level work as a fitness professional, such as a personal trainer or fitness instructor. The program is designed to correlate classroom and laboratory experience with practical experience in fitness facilities in the community. Students who successfully complete the program are prepared to take national personal trainer certifying examinations given by the American College of Sports Medicine (ACSM), the National Strength and Conditioning Association (NSCA) or the American Council on Exercise (ACE).

Students requesting advanced placement or transfer credit from prior coursework must submit a written request to the Fitness Technology Department. Transcripts with previous coursework must be evaluated by student records prior to applying to the Fitness Technology program.

## FITNESS TECHNOLOGY AAS DEGREE

Minimum 90 credits. Students must also meet Associate Degree Comprehensive Requirements and Associate of Applied Science Requirements. Students must complete a total of sixteen credits of General Education. Some courses specified within the program may be used as General Education. Students should consult with program advisors for course planning.

### Fitness Technology Degree Credit Summary

FT	45
Fitness Technology Degree Electives	15
Professional Activities	8
Remaining General Education	8
SP	4
PSY	4
HPE	3
CG	2
PE	1

Credit Total 90

## COURSE OF STUDY

The coursework listed below is required. The following is an example of a term-by-term breakdown. Most courses are offered only in the term listed.

### First Term

FT	101	Fitness Technology Seminar	3
FT	102	Injury Prevention and Management	3
FT	131	Structure and Function of the Human Body	4
HPE	295	Health and Fitness for Life	3
PE	181A	Beginning Weight Training	1
SP	111	Public Speaking*	4
PE	282A	Professional Activities: Group Fitness <sup>1</sup>	1
Group Fitness Option			1

### Second Term

FT	103	Nutrition for Fitness Instructors	3
FT	104	Fitness Assessment & Programming I	3
FT	106	Analysis of Movement	3
PE	281	Professional Activities: Weight Training <sup>1</sup>	2
PSY	101	Psychology and Human Relations*	4
PE	287	Professional Activities: Aquatics <sup>1</sup>	1
Aquatics Option			1

### Third Term

FT	105	Fitness Assessment and Programming II	3
FT	107	Exercise Science I	3
PE	283	Professional Activities: Mind-Body Disciplines <sup>1</sup>	1
Mind-Body Option			1
PE	288	Professional Activities: Team Sports Training <sup>1</sup>	1
Team Sports Option			1
FT	280	CE: Fitness Technology	4

**Fourth Term**

FT	203	Fitness Promotion	3
FT	204	Exercise Science II	3
CG	280A	CE: Career Development	1
Fitness Technology Degree Electives			4
General Education			4

**Fifth Term**

FT	201	Fitness Assessment and Programming III	3
FT	202	Fitness and Aging	3
CG	280A	CE: Career Development	1
Fitness Technology Degree Electives			4
General Education			4

**Sixth Term**

FT	280	CE: Fitness Technology	4
Fitness Technology Degree Electives			7

\*Could be used as General Education

<sup>1</sup>Degree requirement: Pro-Act WT Training (PE 281) +3 other Pro-Act options and their corresponding PE Choice options.

**FITNESS TECHNOLOGY ONE-YEAR CERTIFICATE**

Minimum 47 credit hours. Students must meet all certificate requirements. The Fitness Technology Certificate is a related certificate. All courses within the certificate are contained in the Fitness Technology AAS Degree.

**Fitness Technology Certificate Credit Summary**

FT	29
Professional Activities	6
PSY	4
SP	4
HPE	3
PE	1
Credit Total 47	

**COURSE OF STUDY**

The coursework listed below is required. The following is an example of a term-by-term breakdown. Most courses are offered only in the term listed.

**First Term**

FT	101	Fitness Technology Seminar	3
FT	102	Injury Prevention and Management	3
FT	131	Structure and Function of the Human Body	4
HPE	295	Health and Fitness for Life	3
PE	181A	Beginning Weight Training	1
SP	111	Public Speaking	4
PE	282A	Professional Activities: Group Fitness <sup>1</sup>	1
Group Fitness Option			1

**Second Term**

FT	103	Nutrition for Fitness Instructors	3
FT	104	Fitness Assessment & Programming I	3
FT	106	Analysis of Movement	3
PE	281	Professional Activities: Weight Training <sup>1</sup>	2
PSY	101	Psychology and Human Relations	4
PE	287	Professional Activities: Aquatics <sup>1</sup>	1
Aquatic Option			1

**Third Term**

FT	105	Fitness Assessment and Programming II	3
FT	107	Exercise Science I	3
PE	283	Professional Activities: Mind Body Disciplines <sup>1</sup>	1
Mind-Body Disciplines Option			1
PE	288	Professional Activities: Team Sports Training <sup>1</sup>	1
Team Sports Option			1
FT	280	CE: Fitness Technology	4

<sup>1</sup>Certificate requirement: Pro-Act WT Training (PE 281) +2 other Pro-Act and their corresponding PE Choice options.

**HEALTHY OLDER ADULT FITNESS: CAREER PATHWAY CERTIFICATE**

Minimum of 25 credits. The Healthy Older Adult Fitness Certificate is a Career Pathway. All courses are contained in the Fitness Technology AAS Degree.

FT	131	Structure & Function of the Human Body	4
FT	202	Fitness and Aging	3
FT	280	CE: Fitness Technology	4
GRN	165	Basic Activity Director Training	2
HPE	295	Health and Fitness for Life	3
PE	181A	Beginning Weight Training-Coed	1
PE	281	Professional Activities: Weight Training <sup>1</sup>	2
PE	282A	Professional Activities: Group Fitness <sup>1</sup>	1
or			
PE	283	Professional Activities: Mind-Body Disciplines <sup>1</sup>	(1)
or			
PE	287	Professional Activities: Aquatics <sup>1</sup>	(1)
PE	Option		1
SOC	223	Social Gerontology/Sociology of Aging	4

<sup>1</sup>Certificate requirement: Pro-Act WT Training (PE 281) +1 other Pro-Act and its corresponding PE Choice option.

**Fitness Technology Degree Electives**

Any approved PCC or transfer course

**PE Options**

**Aquatic Options:** 180A, 180B, 180C, 180F, 180G, 180H, 180K

**Group Fitness Options:** 182A, 182B, 182F

**Mind/Body Options:** 182J, 182K, 182L, 182P, 182S, 182U

**Team Sports Options:** 185A, 185B, 185C, 185D, 185E, 185F, 185G, 185H, 185I, 185J, 185K, 185L

**COURSE DESCRIPTIONS**

**FT 101 Fitness Technology Seminar 3.00** Explores careers in the fitness and health industry. Practical experience and insight into the role of a fitness/ health professional in health and fitness clubs and community based wellness centers, including self promotion. Practical knowledge and skill in teaching psychomotor movement. Concepts, skills, and methodology required in becoming a successful instructor of movement. Prerequisite: MTH 65, WR 121, and current Fitness Technology student or instructor approval. Audit available.

**FT 102 Injury Prevention and Management 3.00** Provides information and knowledge concerning prevention and rehabilitation of athletics/sports/fitness injuries. Emphasis is placed on preventing injuries from occurring, learning strategies for reducing athletes' risk of injury or illness, creating safe environments, ensuring proper fit and use of protective sporting equipment and developing emergency action plans. Students who satisfactorily complete the requirements will be eligible for the following American Red Cross certifications: 1) Sports Safety Training, 2) First Aid, 3) CPR/AED - Adult and Child. Audit available.

**FT 103 Nutrition for Fitness Instructors 3.00** Explores basic principles of nutrition with an emphasis on application to fitness, weight management and athletic performance. Prerequisites: HPE 295, WR 121 and MTH 65. Audit available.

**FT 104 Fitness Assessment & Programming I 3.00** Introduces fitness testing for apparently healthy populations. Covers cardiovascular fitness, muscular strength and endurance, flexibility, and body composition in both individual and group assessments. Prerequisites: HPE 295 and FT 131. Audit available.

**FT 105 Fitness Assessment & Programming II 3.00** Introduces individual and group exercise plan development and progression for cardiorespiratory, muscular strength/ endurance, flexibility/balance, body composition and fitness/balance, body composition and fitness/sport performance. Prerequisites: FT 104. Audit available.

**FT 106 Analysis of Movement 3.00** Examines human motion in physical activity and sport and the integration of anatomy and biomechanics. Explores the anatomical movements involved in a wide variety of motor and balance tasks, postural stability exercises, and overall exercise program design. Prerequisite: FT 131. Audit available.

**FT 107 Exercise Science I 3.00** Investigates physiological mechanisms responsible for adaptations to acute and chronic exercise in the metabolic, endocrine, pulmonary, cardiovascular, and neuromuscular systems. Prerequisite: FT 131. Audit available.

**FT 131 Structure & Function of the Human Body 4.00** Presents basic principles in anatomy, physiology, and exercise science. Introduces terminology, concepts, basic chemistry, cell structure and function, tissues and the following systems: metabolic, cardiovascular, pulmonary, skeletal, muscular, endocrine, and nervous. Interpret and apply the fundamental concepts of human anatomy and physiology. Prerequisite: MTH 65, WR 121, and current Fitness Technology student or instructor approval. Audit available.

**FT 201 Fitness Assessment and Program III 3.00** Explores the needs and abilities of individuals outside of ACSM's guidelines for apparently healthy populations. Emphasis is on modification of movement, exercise, equipment, and assessments for these individuals/groups. Includes advanced testing procedures, modification of assessments, and modified exercise programming for these individuals/groups. Prerequisite: FT 105. Audit available.

**FT 202 Fitness and Aging 3.00** Explores physiological aspects of aging as applied to fitness and exercise. Prerequisites: HPE 295 and FT 131, or instructor approval. Audit available.

**FT 203 Fitness Promotion 3.00** Covers skills that promote healthy and fit lifestyles to both individuals and groups in a variety of fitness disciplines. Introduces skills to promote success in the job market. Prerequisite: FT 280 or instructor approval. Audit available.

**FT 204 Exercise Science II 3.00** Continues application of physiological concepts from Exercise Science I. Introduces concepts of environmental conditions, advanced training adaptations, and clinical exercise physiology. Includes additional time in the lab setting learning metabolic and ECG stress testing. Prerequisite: FT 104 and FT 107, or instructor approval. Audit available.

**FT 280 Cooperative Education: Fitness Technology** Provides required practicum experiences for Fitness Technology majors. Required: 3rd term standing, current First Aid and CPR/AED certifications, and instructor permission. Audit available.