

## Choose from Two Options

For individuals interested in a career teaching others about the benefits of following a healthy lifestyle and preventing disease, Manchester Community College offers the Health and Exercise Science associate in science degree and Fitness Specialist certificate.

## Health and Exercise Science, A.S.

The Health and Exercise Science degree is designed for students who have an interest in understanding the importance of physical activity and exercise and their direct connection to the prevention of disease and the promotion of wellness and good health. The multi-semester curriculum can be taken on a full- or part-time basis. The courses in the program address the biological, physiological, health and socio-cultural aspects of the need for physical activity and exercise in our daily lives. Students who complete this program will be eligible to receive a State of Connecticut Coaching Certificate.

## Work Experience

The Health and Exercise Science degree includes a work-experience component that allows students to acquire valuable practice in their field of study. This experience bridges the gap between classroom theory and on-the-job training in an actual work environment. Placements may be either on campus at the Fitness Center or off campus at a variety of sites.



## Fitness and Wellness on Campus

The MCC Fitness Center serves as an academic lab where students can sharpen their skills in fitness testing and fitness instruction. The Fitness Center also offers a variety of one-credit activity courses, such as dance, kickboxing, Pilates, self-defense, sports conditioning, weight training and yoga. Students pursuing the Health and Exercise Science degree are required to take these courses to gain a better understanding of group exercise instruction, as well as gain exposure to a wide range of physical activity courses.

## Career Opportunities

Graduates of the Health and Exercise Science associate degree program have the training necessary for entry level positions in community health and recreation, education, fitness, sports communication and management, and wellness. Some potential future career choices include:

- Athletic Coaching
- Community Recreation Coordinator
- Fitness Instructor
- Personal Trainer
- Strength and Conditioning Coach
- Wellness Coordinator/Consultant

## Further Education

Enrolling in the Health and Exercise Science degree program is appropriate for students who plan to transfer to a baccalaureate institution to continue their education in the following fields:

- Athletic Training
- Exercise Science
- Kinesiology
- Physical Education
- Public Health
- Recreation



## Fitness Specialist Certificate

The Fitness Specialist certificate is a one-year program that can be taken alone or in conjunction with the associate degree coursework. It prepares students to sit for a nationally recognized personal training certification exam. Students who complete this program find employment as personal trainers in commercial, corporate and private fitness facilities.

## Additional Information

For more detailed information, please contact:

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## Why Choose MCC?

- Our tuition is affordable.
- We have state-of-the-art academic facilities and offer plenty of free parking.
- Our small class size means you'll know your professors—and they'll know you.
- Our campus is conveniently located, near I-84 and I-384 in Manchester.
- Our class schedules needn't overlap with your work schedule.
- Our reputation helps you transfer into the very best baccalaureate colleges.
- Our certificate programs prepare you for quick entry into an exciting career.
- Our career and cooperative education services help you get the job you want—both while you're in school and after graduation.
- We are the only community college in the country nationally recognized for academic excellence by the Harry S. Truman Scholarship Foundation.



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*Manager of Diversity, Inclusion and Staff Development (AA/EEO, Title IX and Section 504/ADA Compliance), Manchester Community College; Great Path, MS #2; Manchester, CT 06040; Student Services Center, L134c; 860-512-3107.*

*The college reserves the right to make any necessary changes in the information listed in this publication. January 2015/PR/2.5M*



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## Health and Exercise Science Program



## Promoting Wellness, Preventing Disease



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