

# HEALTH AND WELLNESS MANAGEMENT (HWM)

All HWM courses numbered 100 and above may be applied to the major field and elective requirement for the Associate in Arts and Associate in Science degrees.

## **HWM 100 Introduction to Health and Wellness (1) 1,0**

This course is an introduction to the careers of personal training and group fitness. Students will receive an overview of the locations, specializations and special populations encountered in the industry. A focus on the certification process and certification organizations for personal training and group fitness will guide the student toward next steps in becoming a fitness professional. The course will also highlight current fitness trends and related fitness and exercise professions. (1.2) Proficiency Credit Available (3 C) (2 HRE) Pass/No Credit Not Available.

**In-District Tuition/Fees:** \$132 (effective 2021/22 academic year)

**In-district tuition rates are subject to change based on Board approval.**

**Prerequisite:** None

**Semester(s) Offered:** Fall and Spring

## **HWM 132 Group Fitness Instructor I (1) 0,2**

This course is the first in a series of courses designed to prepare individuals for the American Council on Exercise (ACE) group fitness instructor certification exam. The first course covers content in the following areas: Exercise Physiology; Fundamentals of Anatomy; Fundamentals of Applied Kinesiology; Nutrition; and Group Exercise Program Design. (1.2) Proficiency Credit Available (2 Z) Pass/No Credit Not Available.

**In-District Tuition/Fees:** \$152 (effective 2021/22 academic year)

**In-district tuition rates are subject to change based on Board approval.**

**Prerequisite:** None

**Semester(s) Offered:** Fall

## **HWM 133 Group Fitness Instructor II (1) 0,2**

This course is the second in a series of courses designed to prepare individuals for the American Council on Exercise (ACE) group fitness instructor certification exam. The second course covers content in the following areas: teaching a group exercise class; adherence and motivation; disabilities and health limitations; injury prevention and emergency procedures; and legal and professional responsibilities. (1.2) Proficiency Credit Available (2 Z) Pass/No Credit Not Available.

**In-District Tuition/Fees:** \$152 (effective 2021/22 academic year)

**In-district tuition rates are subject to change based on Board approval.**

**Prerequisite:** Grade of C or better in HWM 132

**Semester(s) Offered:** Fall

## **HWM 136 Advanced Group Fitness Instruction (1) 0,2**

This class is designed to give the Group Fitness Instructor (GFI) the skills necessary to competently teach advanced group fitness formats with emphasis on practical application. The student will be introduced to current specialty class formats and trends. (1.2) Proficiency Credit Available (2 E) Pass/No Credit Not Available.

**In-District Tuition/Fees:** \$142 (effective 2021/22 academic year)

**In-district tuition rates are subject to change based on Board approval.**

**Prerequisite:** Grade of C or better in HWM 133 or consent of instructor

**Semester(s) Offered:** Spring

## **HWM 137 Group Fitness as a Profession (1) 1,0**

This course will emphasize the current trends in the group fitness industry including topics on: continuing education, professionalism, job opportunities, the interview/audition process, and the legal aspect of being an independent contractor. (1.2) Proficiency Credit Not Available Pass/No Credit Not Available.

**In-District Tuition/Fees:** \$132 (effective 2021/22 academic year)

**In-district tuition rates are subject to change based on Board approval.**

**Prerequisite:** Grade of C or better in HWM 136 or consent of instructor

**Semester(s) Offered:** Spring

## **HWM 139 Sport and Exercise Psychology (3) 3,0**

This course will provide students with a comprehensive approach to the field of sport and exercise psychology. The class is designed to progress the student through the main topics of this field by presenting an overview of sport and exercise psychology, learning about participants, understanding sport and exercise environments, focusing on group processes, improving performance, enhancing health and well-being, and facilitating psychological growth and development. (1.2) Proficiency Credit Not Available Pass/No Credit Not Available.

**In-District Tuition/Fees:** \$396 (effective 2021/22 academic year)

**In-district tuition rates are subject to change based on Board approval.**

**Prerequisite:** None

**Semester(s) Offered:** Fall

## **HWM 142 Structural Kinesiology (3) 3,0**

This course will use a combination of classroom lecture and practical skill training to teach human anatomy and its relation to movement. Individual muscles and muscle groups will be identified with an emphasis placed on muscle application, strengthening exercises and flexibility exercises designed specifically to improve each muscle. (1.2) Proficiency Credit Not Available Pass/No Credit Not Available.

**In-District Tuition/Fees:** \$396 (effective 2021/22 academic year)

**In-district tuition rates are subject to change based on Board approval.**

**Prerequisite:** Grade of C or better in BIO 240 or BIO 245 and BIO 246

**Semester(s) Offered:** Fall

## **HWM 147 Personal Training I (3) 3,0**

This course is the first in a series of courses designed to prepare individuals for the American College of Sports Medicine (ACSM) Personal Trainer certification. The first course covers content in the following areas: field and profession of personal training; educational approach to personal training; scientific foundations of exercise testing and prescription; lifestyle factors associated with health and disease; and human behavioral principles applied to physical activity. (1.2) Proficiency Credit Available (2 Z) Pass/No Credit Not Available.

**In-District Tuition/Fees:** \$396 (effective 2021/22 academic year)

**In-district tuition rates are subject to change based on Board approval.**

**Prerequisite:** Grade of C or better or concurrent enrollment in HWM 132

**Semester(s) Offered:** Fall

**HWM 148 Personal Training II (5) 5,0**

This course is the second in a series of courses designed to prepare individuals for the American College of Sports Medicine (ACSM) Personal Trainer certification exam. The second course covers content in the following areas: initial client consultation; goals/objectives; screening and assessments; exercise prescription, exercise programming, and adaptations to exercise testing; physical fitness and clinical and diagnostic assessments; exercise testing and training for individuals with chronic disease; and exercise program administration. (1.2) Proficiency Credit Available (2 Z) Pass/No Credit Not Available.

**In-District Tuition/Fees:** \$690 (effective 2021/22 academic year)

**In-district tuition rates are subject to change based on Board approval.**

**Prerequisite:** Grade of C or better in HWM 147

**Semester(s) Offered:** Fall and Spring