

# HEALTH AND WELLNESS MANAGEMENT

From group fitness instructors and personal trainers to fitness center managers, ECC's health and wellness management degree prepares students to succeed. The curriculum utilizes materials from the American College of Sports Medicine (ACSM) for personal training and the American Council on Exercise (ACE) for group fitness instructors. The Health and Wellness Management Program prepares graduates to take any nationally accredited certification exam for personal trainers and/or group fitness instructors. The program also prepares graduates to manage health, fitness, or wellness facilities, as well as their own businesses. Classes offer solid knowledge in anatomy, physiology, exercise science, kinesiology, and hands-on experiences to enhance practical skills.

As more Americans place an ever-increasing value on exercise and wellness, the demand for personal trainers, fitness specialists, and wellness consultants is increasing locally and across the country. Some employers and insurance companies are recognizing the benefits of health and fitness programs and are offering incentives to join fitness facilities, which also increases the need for fitness professionals.

ECC's program is ideal for recent high school graduates, adults changing careers, or those seeking a quicker path toward working credentials. Health and wellness professionals play an integral part in the promotion, development, and implementation of health and wellness programs. Certified personal trainers and group fitness instructors design customized fitness programs for active and fit people working towards greater fitness and sedentary individuals who are striving to become active, as well as the elderly and overweight. The workplace is varied and may include athletic clubs, schools, health/fitness clubs, YMCAs/YWCAs, clients' homes, and private studios with one-on-one sessions and small or large groups.

Personal trainers typically instruct individuals in beginning or advanced exercises, relying on their knowledge of physiology to determine the type and difficulty level of exercise, specific movements, and form correction. Trainers often demonstrate exercises and equipment, offering individualized guidance and encouragement.

Group fitness instructors teach a variety of fitness classes for individuals of all fitness levels. They design classes to deliver memorable experiences for the participants, helping them to achieve their health and fitness goals.

Health and wellness center managers may create fitness or wellness plans, supervise classes, and manage day-to-day operations of a center. Many fitness managers are also involved in selling new memberships, retaining existing members, marketing, maintaining the exercise equipment, and managing trainers, instructors, and other staff members.

Students interested in the Health and Wellness Management Program should see an academic advisor or the program director to create an educational plan.

More information about the program can be found at [elgin.edu/wellness](http://elgin.edu/wellness).

## Entrance Requirements

Complete and submit health professions application and fee.

## Program Requirements

Students must complete all required courses with grades of C or better. Prior credits in biology must have been earned within the last 10 years. Students must obtain malpractice insurance prior to starting an internship and provide their own transportation to and from all training sites.

## Health and Wellness Management - Associate of Applied Science

Course	Title	Credit Hours
<b>First Semester</b>		
BIO 110	Principles of Biology	4
HWM 135	Personal Wellness	1
PHC 111	Individualized Fitness Programming	1
PHC 130	Beginning Fitness Walking	1
PHR 102	First Aid and Safety	3
PSY 100	Intro to Psychology	3
Required Communications Course ( <a href="http://catalog.elgin.edu/degree-programs-certificates/career-technical/associate-applied-science-degrees-general-education-requirements">http://catalog.elgin.edu/degree-programs-certificates/career-technical/associate-applied-science-degrees-general-education-requirements</a> )		3
Total		16
<b>Second Semester</b>		
BIO 101	Nutrition for Contemporary Society	3
BIO 240	Human Anatomy and Physiology	5
BUS 120	Business Mathematics	3
HPE 112	Intro. to Healthcare Vocabulary	3
HUM 216	Ethics	3
PHC 200	Fundamentals of Weight Training	1
Total		18
<b>Third Semester</b>		
HWM 139	Sport and Exercise Psychology	3
HWM 142	Structural Kinesiology	3
HWM 147	Personal Training I	3
PHR 110 or PHR 115	Active for Life or Healthy Eating for Life	2
Health and Wellness Management Elective		1-2
Required Communications Course ( <a href="http://catalog.elgin.edu/degree-programs-certificates/career-technical/associate-applied-science-degrees-general-education-requirements">http://catalog.elgin.edu/degree-programs-certificates/career-technical/associate-applied-science-degrees-general-education-requirements</a> )		3
Total		15-16
<b>Fourth Semester</b>		
HWM 145	Health/Fitness Facility Standards	2
HWM 148	Personal Training II	5
HWM 150	Personal Training Internship	2
MMT 125	Leadership Development	3
Health and Wellness Management Elective		2-3
Total		14-15
Program Total		63-65

## Health and Wellness Management Electives

Course	Title	Credits
HWM 130	Pilates Mat	1
HWM 132	Group Fitness Instructor I	1
HWM 133	Group Fitness Instructor II	1
HWM 136	Advanced Group Fitness Instruction	1
HWM 137	Group Fitness as a Profession	1
HWM 140	Athletic Injury Management	3

## Group Fitness Professional - Basic Vocational Specialist

Course	Title	Credit Hours
<b>First Semester</b>		
HWM 132	Group Fitness Instructor I	1
HWM 133	Group Fitness Instructor II	1
Total		2
<b>Second Semester</b>		
HWM 136	Advanced Group Fitness Instruction	1
HWM 137	Group Fitness as a Profession	1
Total		2
Program Total		4

## Personal Training - Basic Vocational Specialist

Course	Title	Credits
HWM 100	Introduction to Health and Wellness	1
HWM 132	Group Fitness Instructor I	1
HWM 147	Personal Training I	3
HWM 148	Personal Training II	5
Total Credit Hours		10

## Health and Wellness Management Courses

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 2019/2020 academic year)  
In-district tuition is subject to change based on Board approval (<https://elgin.edu/pay-for-college/tuition-fees/>).

**Prerequisite:** None

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

### HWM 130 Pilates Mat (1) 0,2

This activity based course will emphasize the six principles of Pilates, proper exercise technique, Pilates terminology, and exercise progression. Learning the basic skills and knowledge of Pilates Mat through this instructor lead course will benefit group fitness instructors, personal trainers, and the student looking to supplement their workouts. (1.2) Proficiency Credit Available (2 EZ) Pass/No Credit Not Available.

**In-District Tuition/Fees:** \$132 (effective 2019/2020 academic year)  
In-district tuition is subject to change based on Board approval (<https://elgin.edu/pay-for-college/tuition-fees/>).

**Prerequisite:** None

**Semester(s) Offered:** Fall

### 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 2019/2020 academic year)  
In-district tuition is subject to change based on Board approval (<https://elgin.edu/pay-for-college/tuition-fees/>).

**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 2019/2020 academic year)  
In-district tuition is subject to change based on Board approval (<https://elgin.edu/pay-for-college/tuition-fees/>).

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

**Semester(s) Offered:** Fall

### HWM 135 Personal Wellness (1) 0,2

This course will be presented with a combination of classroom lecture and activity teaching methods to help the student incorporate fitness and wellness into their daily life. Key fitness and wellness topics will be highlighted along with supportive practical applications to guide the student toward wellness-related behaviors and a healthier lifestyle. (1.2) Proficiency Credit Not Available Pass/No Credit Not Available.

**In-District Tuition/Fees:** \$152 (effective 2019/2020 academic year)  
In-district tuition is subject to change based on Board approval (<https://elgin.edu/pay-for-college/tuition-fees/>).

**Prerequisite:** None

**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 2019/2020 academic year)  
In-district tuition is subject to change based on Board approval (<https://elgin.edu/pay-for-college/tuition-fees/>).

**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 2019/2020 academic year)  
In-district tuition is subject to change based on Board approval (<https://elgin.edu/pay-for-college/tuition-fees/>).

**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 2019/2020 academic year)

In-district tuition is subject to change based on Board approval (<https://elgin.edu/pay-for-college/tuition-fees/>).

**Prerequisite:** None

**Semester(s) Offered:** Fall

**HWM 140 Athletic Injury Management (3) 3,0**

Designed for students planning careers in coaching, physical education, or a fitness profession. This course will provide the student with the knowledge and skills necessary for the proper care and management of athletic injuries. Establishing an effective health care system, preventing and minimizing sport related injuries, and the recognition and management of specific injuries and conditions will all be highlighted in this course. (1.2) Proficiency Credit Not Available Pass/No Credit Not Available.

**In-District Tuition/Fees:** \$446 (effective 2019/2020 academic year)

In-district tuition is subject to change based on Board approval (<https://elgin.edu/pay-for-college/tuition-fees/>).

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

**Semester(s) Offered:** Spring

**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 2019/2020 academic year)

In-district tuition is subject to change based on Board approval (<https://elgin.edu/pay-for-college/tuition-fees/>).

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

**Semester(s) Offered:** Fall

**HWM 145 Health/Fitness Facility Standards (2) 2,0**

This course outlines proper standards and guidelines used in the design and daily operations of a health and fitness facility. Students will be given the necessary tools of a fitness facility manager by learning how to evaluate facilities, staff and programs; maintain the standard of care for facility users; and how to increase client membership through services, equipment, and programming. (1.2) Proficiency Credit Not Available Pass/No Credit Not Available.

**In-District Tuition/Fees:** \$264 (effective 2019/2020 academic year)

In-district tuition is subject to change based on Board approval (<https://elgin.edu/pay-for-college/tuition-fees/>).

**Prerequisite:** None

**Semester(s) Offered:** Spring

**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 2019/2020 academic year)

In-district tuition is subject to change based on Board approval (<https://elgin.edu/pay-for-college/tuition-fees/>).

**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 2019/2020 academic year)

In-district tuition is subject to change based on Board approval (<https://elgin.edu/pay-for-college/tuition-fees/>).

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

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

**HWM 150 Personal Training Internship (2) 0,2**

The course will be a combination of 6 weeks of classroom discussion and 10 weeks of practical skill application at a local fitness/wellness facility. The internship experience will provide an opportunity for students to apply skills from HWM 147 and concurrent HWM 148 in a practical setting under the direct supervision of a certified personal trainer. Academic projects directly related to the internship experience will be completed regularly during the semester emphasizing and utilizing the knowledge gained in current and previous HWM courses with safe demonstration of skills in the practical setting. (1.2) Proficiency Credit Available (2 EZ) Pass/No Credit Not Available.

**In-District Tuition/Fees:** \$264 (effective 2019/2020 academic year)

In-district tuition is subject to change based on Board approval (<https://elgin.edu/pay-for-college/tuition-fees/>).

**Prerequisite:** Grade of C or better in HWM 147 and concurrent enrollment in HWM 148

**Semester(s) Offered:** Spring