

HEALTH AND WELLNESS MANAGEMENT

For aspiring group fitness instructors or personal trainers, ECC's health and wellness management certificates 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. Program content prepares graduates to understand health, fitness, or wellness facilities, as well as run 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.

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.

Entrance Requirements

Complete and submit health professions application.

Program Requirements

Students must complete all required courses with grades of C or better.

- Apply the knowledge and skills of a fitness professional to a variety of fitness environments.
- Create exercise and fitness plans for individuals and groups to assist in achieving their fitness goals.
- Describe relevant human anatomy, physiology and kinesiology and integrate modifications to fitness plans and classes as needed.
- Practice and facilitate safe and sanitary methods for all clients in all settings.

Group Fitness Professional - Basic Vocational Specialist

Course	Title	Credits
HWM 100	Introduction to Health and Wellness	1
HWM 132	Foundations of Exercise Science	2
HWM 134	Group Fitness Instruction	3
Total Credit Hours		6

Personal Training - Basic Vocational Specialist

Course	Title	Credits
HWM 100	Introduction to Health and Wellness	1
HWM 132	Foundations of Exercise Science	2
HWM 147	Personal Training I	3
HWM 148	Personal Training II	5
Total Credit Hours		11

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: \$135 (effective 2024/25 academic year)

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

Prerequisite: None

Semester(s) Offered: Fall and Spring

HWM 132 Foundations of Exercise Science (2) 2,0

This course is an overview of exercise specifically for individuals wanting to become fitness professionals. The course covers content in anatomy, exercise physiology, applied kinesiology, nutrition, and the application of training principles to fitness program design. (1.2) Proficiency Credit Available (2 ZE) Pass/No Credit Not Available.

In-District Tuition/Fees: \$290 (effective 2024/25 academic year)

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

Prerequisite: None

Semester(s) Offered: Fall and Spring

HWM 134 Group Fitness Instruction (3) 2,2

This course prepares students to become Group Fitness Instructors (GFIs). Students will gain the knowledge and practical experience needed to instruct various class formats safely and effectively. The course will cover content in the following areas: pre-class preparation and class design, effective teaching strategies, motivation and adherence, special populations, injuries and emergency procedures, business strategies, and legal responsibilities. (1.2) Proficiency Credit: Pass/No Credit: Not Available.

In-District Tuition/Fees: \$405 (effective 2024/25 academic year)

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

Prerequisite: Grade C or better in HWM 132 or concurrent enrollment in HWM 132.

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: \$405 (effective 2024/25 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: \$405 (effective 2024/25 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: \$405 (effective 2024/25 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: \$705 (effective 2024/25 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