



2007-2008 Career Planning Guide
HEALTH/FITNESS TECHNICIAN
Spokane Falls Community College

Spokane Falls Community College
3410 West Fort George Wright Drive
Spokane, Washington 99224-5288
www.spokanefalls.edu

Completion Award: A.A.S. Degree

Start: Fall, Winter, Spring

Tuition and Fees

Approximate Quarterly Cost: (subject to change without notice)
Books \$ 150

PROGRAM WEBSITE: <http://tech.spokanefalls.edu/TechProf/>

Program Description

The health/fitness technician program is a two-year professional technical curriculum offered at Spokane Falls Community College. This program is designed for students who are looking toward a career in the health/fitness industry. Students who complete the two-year program and receive an associate in applied science degree (A.A.S.) can enter the job market immediately. Students interested in transferring to a four-year college can utilize an articulation agreement with Eastern Washington University. This agreement allows students the option of transferring directly into the exercise science program at EWU.

Certification for fitness professionals, with its emphasis on safety, reliability and high standards, is required in most fitness facilities. The HFT program prepares students for the National Strength and Conditioning Association's personal trainer exam. The NSCA-CPT exam is the only accredited personal trainer exam in the nation. Spokane Falls Community College is a host site for this national exam in June and December each year.

The HFT program provides instruction in professional areas such as exercise physiology, anatomical kinesiology, sports nutrition, care and prevention of injuries, functional training, personal training, health screening, and exercise prescription. Related courses include stress management, therapeutic massage, first aid/ CPR and exercise for older adults.

Students interested in athletic training can work with experienced college trainers. Students can gain valuable experience working with a wide variety of sports and athletes.

Career Opportunities

Job opportunities in the fitness industry are increasing in response to an expanding fitness market. A recent survey published in the Journal of Business reported that the number of full-time fitness jobs has increased to approximately 300. There are about 400 part-time jobs in the Spokane/Coeur d'Alene area. The most recent increases are in the areas of personal training, youth fitness, and programs for the elderly. The average starting wage for a HFT student with a two-year degree is between \$7 and \$10 an hour. Certified personal trainers can earn up to \$15 to \$30 an hour depending on the health club.

Suggested Course of Study 2007-2008

Consult Adviser/Counselor for Program
Planning and Selection of Electives

HEALTH/FITNESS TECHNICIAN

A. A.S. Degree: SFCC

A.A.S. Degree		A.A.S. Degree (continued)	
FIRST YEAR		SECOND YEAR	
First Quarter		Fourth Quarter	
	Credits		Credits
FMT 204	Health Appraisal and Exercise Prescription	A-P 243	Human Anatomy and Physiology
	5	FMT 119	Principles of Strength Training
FMT 230	Therapeutic Massage	FMT 219	Injury Prevention and Rehabilitation
GBUS 102	Math Skills for Business	PE 187	Cross Training
HLTH 174	First Aid		<u>2</u>
	<u>3</u>		15
	14		
Second Quarter		Fifth Quarter	
BIOL 101	General Biology	ENG 101	English Composition
ENG 109	Speech Composition <u>and</u>	FMT 209	Exercise and the Cardiovascular System
SPCH 101	Introduction to Speech Communication	HLTH 104	Stress Management
FMT 106	Anatomical and Physiological Kinesiology	PE 270	Nutrition for Fitness
	<u>5</u>		<u>3</u>
	15		16
Third Quarter		Sixth Quarter	
A-P 242	Human Anatomy and Physiology	FMT 112	Exercise and Aging
FMT 111	Physiology of Exercise	FMT 225	Personal Training
FMT 115	Leadership Dynamics	PE 266	Cooperative Education Seminar
	Elective	PE 267	Cooperative Education Work Experience
	<u>3</u>		Elective
	16		<u>5</u>
			14
90 credits are required for an A.A.S. degree.			
<p>Disclaimer: The college cannot guarantee courses will be offered in the quarters indicated. During the period this guide is in circulation, there may be curriculum revisions and program changes. Students are responsible for consulting the appropriate academic unit or adviser for more current and specific information. The information in this guide is subject to change and does not constitute an agreement between the college and the student.</p>			