

Careers

Tracks in health enhancement, exercise science, and physical education are designed for students interested in adult fitness, personal training, worksite wellness, cardiac rehabilitation, health promotion, community health, teaching health or physical education on the elementary or secondary level, and athletic coaching. Career possibilities in physical education and health have expanded beyond the traditional school setting during the past decade. Americans have grown more interested in personal health, fitness, wellness, and leisure-time physical activities. This has created a demand for professionals with specialized training to provide leadership and service in adult fitness and health promotion.

Salary

Median annual earnings of personal trainers and group exercise instructors in 2004 were \$25,470. Median annual earnings of kindergarten, elementary, middle, and secondary school (health and P.E.) teachers ranged from \$41,400 to \$45,920 in 2004. Median annual earnings of health educators were \$43,630 in 2004. The middle 50 percent earned between \$35,940 and \$53,370 a year. Median annual earnings of social and human service assistants were \$24,270 in 2004. Median annual earnings of coaches were \$26,350 in 2004.

Job Outlook

Overall employment of recreation and fitness workers is expected to grow faster than the average for all occupations through 2014, as increasing numbers of people spend more time and money on leisure and fitness services. Jobs for coaches and related workers are expected to increase about as fast as the average through 2012. Employment will grow as the public continues to increasingly participate in sports as a form of entertainment, recreation,

and physical conditioning. Job opportunities for teachers over the next 10 years should be excellent, attributable mostly to the large number of teachers expected to retire. Employment of health educators is expected to grow for all occupations through 2014 as a result of increasing emphasis on disease prevention through improved dietary habits. Job opportunities for social and human service assistants are expected to be excellent, particularly for applicants with appropriate postsecondary education. The number of social and human service assistants (gerontology) is projected to grow much faster than the average for all occupations between 2004 and 2014—ranking among the most rapidly growing occupations.

Education & Training Options

Montgomery College offers an associate of arts degree (A.A.) in four different tracks including exercise science/health fitness leadership; gerontology; health education; and physical education teacher preparation/coaching. The College offers a certificate program in personal training.

■ Degree

Each curriculum track provides the first two years of a typical four-year curriculum leading to a baccalaureate degree. Most career opportunities in the fields related to these curricula

■ Certificate

The personal training certificate curriculum has been designed to develop innovative fitness specialists who are knowledgeable and skilled in one-to-one fitness and wellness instruction.

Contact @ MC

Rockville Campus240-567-5218
www.montgomerycollege.edu/Departments/humgt/hc.htm

Health Enhancement, Exercise Science, and Physical Education Curricula

Degrees, Certificates, and Letters of Recognition

Montgomery College is authorized by the Maryland Higher Education Commission (MHEC) to offer four degrees (associate of arts, associate of science, associate of applied science, and associate of arts in teaching) and certificates. In addition, the College recognizes students who satisfactorily complete certain course sequences with letters of recognition.

Some curricula are offered at all campuses, whereas others are limited to one or two. When a curriculum is offered at a specific campus, it is indicated by G for Germantown, R for Rockville, or TP for Takoma Park/Silver Spring.

Admission to Montgomery College is open to all.

Math, English, and reading assessment tests are required prior to registering. (Some students may be exempt from assessment. Consult the *Montgomery College Catalog* for criteria.) Financial aid and scholarships are available to qualified candidates.

Take the next step.

Complete an Application for Admission form (online @ www.montgomerycollege.edu/admissions/mcadmiss.htm) or call 240-567-5000 for information.

Exercise Science/Health Fitness Leadership (R): 157 Arts and Sciences A.A.

First Semester

BI 107	Principles of Biology I	4
EN 101	Techniques of Reading & Writing I *	3
HE 101–202	Health elective	
	or	
PE 213–238	Physical education major skills and theory	
	or	
	Selected 100-level PE courses†	1 (3)
HS 118	History of Sport in America	3
PE 202	Principles and Practices of Fitness and Wellness	2
PE 203	Overview of Physical Education	3

Second Semester

EN 102	Techniques of Reading and Writing II	3
HE 205	First Responder	3
HE 108	Nutrition for Fitness and Wellness	3
	Mathematics foundation	3
PE 230	Weight Training: Theory and Application	2
	Speech foundation	3

Third Semester

BI 204	Human Anatomy and Physiology I	4
PE 213–238	Physical education major skills and theory	
	or	
PE 231	Topical Investigations—Practical Applications in Health Fitness Technology I	
	or	
	Selected 100-level PE courses†	1
PE 235	Fundamentals of Athletic Training	3
	Arts distribution	3
	Behavioral and social sciences distribution ‡	3

(more)

Health Enhancement, Exercise Science, and Physical Education Curricula

(continued)

Exercise Science/Health Fitness Leadership (R): 157 (continued)	
Fourth Semester	
BI 205 Human Anatomy and Physiology II	4
PE 213–238 Physical education major skills and theory	
or	
PE 232 Topical Investigations—Practical Applications in Health Fitness Technology II	
or	
Selected 100-level PE courses†	1
PE 237 Fitness Assessment and Exercise Program Designs	3
SO 212 Sport in American Society	3
Arts or humanities distribution	3
Total credit hours 61 (63)	
* Students who qualify for a waiver of EN 101 may select three credits of electives with approval of the department.	
† Students must consult with departmental adviser before selecting electives from HE, PE, or other categories. Selected 100-level PE courses include PE 129–138 aquatics elective, PE 174, or other 100-level PE courses with permission of the department.	
‡ Select from any behavioral and social sciences distribution area except SO.	

Gerontology (R): 600 Arts and Sciences A.A.	
First Semester	
BI 107 Principles of Biology I	4
HE 101 Personal and Community Health	3
HE 130 Introduction to Aging	3
PY 102 General Psychology	3
SO 101 Introduction to Sociology	3
Second Semester	
EN 102 Techniques of Reading and Writing II	3
CH 101 Principles of Chemistry I (suggested)	
or	
CH 109A/B Chemistry and Society Laboratory	4
HE 200 Introduction to Health Behaviors	3
Mathematics foundation	3
SO 210 Aging in America	3
Third Semester	
BI 204 Human Anatomy and Physiology I	4
HE 205 First Responder	3
HE 230 Health in the Later Years	3
Arts distribution	3
Humanities distribution	3
Fourth Semester	
BI 205 Human Anatomy and Physiology II	4
PE 240 Instructional Exercise Techniques for Older Adults	3
Speech foundation	3
Arts or humanities distribution	3
Total credit hours 61	

(more)

Health Enhancement, Exercise Science, and Physical Education Curricula

(continued)

Health Education (R): 186 Arts and Sciences A.A.

First Semester

BI 101	General Biology		
	or		
BI 107	Principles of Biology I		4
EN 101	Techniques of Reading and Writing I*		3
HE 101	Personal and Community Health		3
HE 120	The Science and Theory of Health		3
PY 102	General Psychology		3

Second Semester

CH 101	Principles of Chemistry I		
	or		
CH 109A/B	Chemistry and Society/Chemistry and Society Laboratory†		4
EN 102	Techniques of Reading and Writing II		3
HE 200	Introduction to Health Behaviors		3
	Mathematics foundation		3
SO 101	Introduction to Sociology		3

Third Semester

BI 204	Human Anatomy and Physiology I		4
PE 182	Lifetime Fitness and Wellness		
	or		
	Health electives‡	5	(6)
	Arts distribution		3
	Humanities distribution		3

Fourth Semester

BI 205	Human Anatomy and Physiology II		4
	Speech foundation		3
	Arts or humanities distribution		3
	Health electives ‡		3

Total credit hours 60 (61)

* Students who qualify for a waiver of EN 101 may select three credits of electives with approval of the department.

† If CH 109 is selected, both CH 109A and CH 109B must be taken.

‡ Students must consult with departmental adviser before selecting electives from HE or other categories. Select health electives from HE 107, HE 108, HE 111, HE 202, HE 204, and HE 205.

Personal Training Certificate (R): 191

HE 205	First Responder		3
HE 108	Nutrition for Fitness and Wellness		3
	Health or physical education elective(s)*		3
PE 202	Principles and Practices of Fitness and Wellness		2
PE 230	Weight Training: Theory and application/P.E. Majors		2
PE 237	Fitness Assessment and Exercise Program Designs		3
PE 238	Personal Training Techniques		3

Total credit hours 19

* Select from PE 135, PE 174, PE 183, PE 186, PE 187, PE 188, PE 226, PE 231, PE 232, and/or HE 101–204.

(more)

Health Enhancement, Exercise Science, and Physical Education Curricula

(continued)

Physical Education Teacher Preparation/ Coaching (R): 159 Arts and Sciences A.A.

First Semester

BI 107	Principles of Biology I	4
EN 101	Techniques of Reading and Writing I *	3
HE 205	First Responder	3
PE 202	Principles and Practices of Fitness and Wellness	2
PE 203	Overview of Physical Education	3
PE 213–238	Physical education major skills and theory	2

Second Semester

EN 102	Techniques of Reading and Writing II	3
HE 101	Personal and Community Health Mathematics foundation	3
PE 213–238	Physical education major skills and theory†	2
	Speech foundation	3

Third Semester

BI 204	Human Anatomy and Physiology I	4
HE 108–202	Health electives†	
	or	
PE 200	Foundations of Elementary School Physical Education	
	or	
PE 213–238	Physical education major skills and theory†	5 (6)
HS 118	History of Sport in America Behavioral and social sciences distribution ‡	3

Physical Education Teacher Preparation/ Coaching (R): 159 Arts and Sciences A.A. (continued)

Fourth Semester

BI 205	Human Anatomy and Physiology II	4
PE 213–238	Physical education major skills and theory	
	or	
	Selected 100-level PE courses†	2
SO 212	Sport in American Society	3
	Arts distribution	3
	Arts or humanities distribution	3

Total credit hours 61 (62)

* Students who qualify for a waiver of EN 101 may select three credits of electives with approval of the departmental adviser.

† Students must consult with departmental adviser before selecting electives from HE, PE, or other categories. With departmental permission, two credits of selected 100-level PE courses may be substituted for PE 213–238 major skills courses. Recommended selections include PE 129–138 aquatics elective and PE 174.

‡ Select from any behavioral and social sciences distribution area except SO.