

COLLEGE OF THE ALBEMARLE 2025 HEALTH & FITNESS SCIENCE ADMISSION FACT SHEET

EACH APPLICANT MUST PROVIDE CORRECT CONTACT INFORMATION
TO THE ADMISSIONS DEPARTMENT

Health Sciences Admission policies set forth requirements that must be met for admission. However, these policies do not create and should not be regarded as an irrevocable contract between COA and students/ applicants. Satisfaction of these requirements does not guarantee admission. COA reserves at all times (1) the ultimate decision on admitting students; (2) the sole right to interpret its admission policies; (3) the right to change, amend, or eliminate any provisions or requirements at any time. COA will endeavor to minimize inconvenience that changes to its policies may create.

COLLEGE OF THE ALBEMARLE
PO BOX 2327
1208 NORTH ROAD STREET
ELIZABETH CITY, NC 27906-2327
(252) 335-0821 EXT. 2221 (ADMISSIONS OFFICE)

HEALTH & FITNESS SCIENCE (HFS) PROGRAM FACT SHEET

The admission process outlined in this fact sheet was developed by the Health & Fitness Science faculty and is to be implemented by the Admissions Department and the Health & Fitness Science faculty/staff, with oversight and final discretion by the Program Coordinator and faculty.

PHASE I: PRE-ADMISSION REQUIREMENTS:

Applicants seeking admission into the Health & Fitness Science program must complete the following steps **by the first day of the semester** in order to be accepted for the Fall Semester. (At the discretion of the HFS Program Coordinator, some applications may be considered after the deadline.)

- _____ A. **Complete and submit a COA Application for Admission**, which expresses interest in the Health & Fitness Science program, to the Admissions Office, Elizabeth City Campus.
- _____ B. **Bring or send an official high school transcript and official post-secondary transcripts**, if applicable, to the Admissions Office. (note: must be a high school graduate or have a GED prior to the start of the program).
- _____ C. **Contact the HFS Program Coordinator** (Andrea Thomas, 252-335-0821, ext. 2996 or andrea_thomas@albemarle.edu) for advisement.
- _____ D. **NOTE – Not a requirement for admission but applicants should be aware:** Students must achieve minimum English, Math, and Reading competencies in order to register for most of the required general education courses in the AAS program. Minimum English, Math, and Reading competencies are not required for the Certificate program.
- _____ E. **NOTE – Not a requirement for admission but applicants should be aware:** Applicants must have completed one unit of biology in high school and completed one unit of chemistry in high school, or the equivalent at a post-secondary institution (CHEM 090 or higher) in order to register for BIO 168 – Anatomy and Physiology I, which is required in the AAS program. An official transcript must be provided.
- _____ F. A copy of the Health & Fitness Science Student Handbook will be provided to each student upon enrollment in the program, which must be read and signed.

An applicant who has concerns about the admissions process to the HFS Program should contact the HFS Program Coordinator Andrea Thomas (andrea_thomas@albemarle.edu, 252-335-0821 ext. 2996).

**ASSOCIATE DEGREE
HEALTH & FITNESS SCIENCE CURRICULUM SCHEMA**

FIRST YEAR

FALL SEMESTER			SPRING SEMESTER	
ACA 111 College Student Success	1		COM 231 Public Speaking	3
ENG 111 Writing & Inquiry	3		MAT 143 Quantitative Literacy	3
BIO 168 Anatomy & Physiology I	4		BIO 169 Anatomy & Physiology II	4
HFS 110 Exercise Science	4		HEA 110 Personal Health & Wellness	3
HFS 111 Fitness & Exer Testing I	4		PED Elective	1
PED Elective	1			
TOTAL Semester Hours	17		TOTAL Semester Hours	14

SUMMER SEMESTER	
PSY 150 General Psychology	3
Humanities/Fine Arts Elective	3
TOTAL Semester Hours	6

SECOND YEAR

FALL SEMESTER			SPRING SEMESTER	
BIO 155 Nutrition	3		HEA 112 First Aid & CPR	2
HFS 116 Prev & Care of Injuries	3		HFS 120 Group Exercise Instruction	3
HFS 118 Fitness Facility Mgmt	4		HFS 210 Personal Training	3
HFS 218 Lifestyle Changes	4		HFS 212 Exercise Programming	3
PED 110 Fit & Well for Life	2		(2) PED Electives or (2) WBL Courses	2
TOTAL Semester Hours	16		TOTAL Semester Hours	13

Total Credit Hours Required for Graduation = 66 Semester Hours

**CERTIFICATE
HEALTH & FITNESS SCIENCE CURRICULUM SCHEMA**

FALL SEMESTER		SPRING SEMESTER	
HFS 110 Exercise Science	4	HEA 112 First Aid & CPR	2
HFS 111 Fitness & Exer Testing I	4	HFS 120 Group Exercise Instruction	3
PED 110 Fit & Well for Life	2	HFS 210 Personal Training	3
TOTAL Semester Hours	10		8

Total Credit Hours Required for Graduation = 18 Semester Hours