

SPORTS AND FITNESS MANAGEMENT, ASSOCIATE OF APPLIED SCIENCE

Curriculum Code #3002

Effective May 2026

Division of Health and Wellness Sciences (<http://catalog.lorainccc.edu/academic-programs/allied-health-nursing-health-physical-education-recreation/>)

The sports and fitness management program offers career opportunities in private and public fitness centers; and entry-level management positions in the health, fitness or rehabilitation centers, recreation facilities and retail sales. Graduates of the program may transfer to a four-year institution to continue their studies in sports and fitness management or other fitness-related fields.

First Year

Fall Semester		Hours
BIOG 221	ANATOMY & PHYSIOLOGY I	4
ENGL 161	COLLEGE COMPOSITION I	3
Select one of the following:		2
HLED 151	PERSONAL HEALTH	
HLED 152	COMMUNITY HEALTH	
HLED 156	HEALTH AND WELLNESS	
HPED 165	INTRODUCTION TO EXERCISE SCIENCE	3
HPED 173	BIOMECHANICS OF RESISTANCE TRAINING	3
SDEV 101	INTRODUCTION TO THE LCCC COMMUNITY ¹	1
Hours		16

Spring Semester

BIOG 222	ANATOMY AND PHYSIOLOGY II ²	4
CMMC 151	ORAL COMMUNICATION	3
ENGL 162	COLLEGE COMPOSITION II ²	3
HPED 261	EXERCISE PHYSIOLOGY FOUNDATIONS ³	3
MTHM 168	STATISTICS ⁴	3
Hours		16

Second Year

Fall Semester		Hours
HLED 153	FIRST AID AND SAFETY	2
HLED 166	MENTAL HEALTH FIRST AID	1
HPED 152	APPLICATION OF ACTIVITIES ACROSS A LIFESPAN	3
HPED 272	EXERCISE PHYSIOLOGY II ²	3
HPED 275	KINESIOLOGY ²	3
PEWL 151	STRESS MANAGEMENT	1
Humanities Elective ⁵		3
Hours		16

Spring Semester

BIOG 153	BASIC HUMAN NUTRITION	3
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HPED 172	EXERCISE MANAGEMENT FOR SPECIAL POPULATIONS	2
HPED 285	PRACTICUM SEMINAR SPORTS AND FITNESS PROFESSIONAL ²	2
PEFT 185 or HLED 137	ROPES COURSE or LIFEGUARDING	1
PSYH 151	INTRODUCTION TO PSYCHOLOGY	3
SOCY 151G	INTRODUCTION TO SOCIOLOGY	3
PEFT/PEWL Elective		1
Hours		15
Total Hours		63

¹ A student must register for the orientation course when enrolling for more than six credit hours per semester or any course that would result in an accumulation of 12 or more credit hours.

² Indicates that this course has a prerequisite.

³ Indicates that this course has a prerequisite or may be taken concurrently.

⁴ Course may be replaced by any MTHM Ohio Transfer 36 course.

⁵ Students may take any OT 36 approved Humanities elective. If students are intending to transfer to University of Akron they should enroll in PHLY165.

Program Contact(s):

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For information about admissions, enrollment, transfer, graduation and other general questions, please contact your advising team (<https://www.lorainccc.edu/admissions-and-enrollment/advising-and-counseling/>).

More program information can be found on our website. (<https://www.lorainccc.edu/health/exercise-and-fitness/sports-and-fitness-management-one-year-certificate-2/>)

1. High school diploma or GED on file in the LCCC Records office.

2. High school biology or equivalent.

In all associate of applied science and certificate programs, students are **REQUIRED** to attend lecture, college laboratories and off-campus facilities. Transportation to and from off-campus facilities is the responsibility of the students and is not provided by the College.

Credit for Prior Learning (PLA) options may be available for your program. For more information, please visit our website: www.lorainccc.edu/PLA (<http://www.lorainccc.edu/PLA>)

Program Learning Outcomes

1. Transfer to a four-year university, or enroll in the University Partnership four year degree with the University of Akron.
2. Acquire career opportunities in private and public fitness, recreation or wellness centers; entry-level management position in health, fitness and rehabilitation centers; and retail sales.
3. Be prepared to take a national, accredited certification exam for personal trainers.

4. Develop safe and effective exercise programs for all populations utilizing technology.
5. Value the importance of a continuing education to maintain current within profession.
6. Understand the scope of practice for all fitness professionals including both personal trainers and group exercise instructors.
7. Perform safe, ethical and legal practices in various career-related settings (e.g. cardiac rehabilitation, sports conditioning, corporate wellness, fitness and recreational centers)

HPED 152	APPLICATION OF ACTIVITIES ACROSS A LIFESPAN	3
HPED 272	EXERCISE PHYSIOLOGY II ²	3
HPED 275	KINESIOLOGY ²	3
HPED 285	PRACTICUM SEMINAR SPORTS AND FITNESS PROFESSIONAL	2
PEWL 151	STRESS MANAGEMENT	1
Arts and Humanities Elective ⁴		3
PEFT/PEWL Elective		1
Hours		18
Total Hours		63

Accelerated Pathway

The Accelerated Pathway for the Sports and Fitness Management, Associate of Applied Science is a helpful guide for students who desire the convenience of an extensive selection of online course offerings and who seek to complete their degree within as little as 15 months. Students are encouraged to enroll in 8 or 10 week sessions to maximize accelerated options. Please meet with an advisor to ensure the courses in this pathway align with your educational goals.

Course	Title	Hours
First Year		
Fall Semester		
BIOG 221	ANATOMY & PHYSIOLOGY I	4
ENGL 161	COLLEGE COMPOSITION I	3
Select one of the following:		2
HLED 151	PERSONAL HEALTH	
HLED 152	COMMUNITY HEALTH	
HLED 156	HEALTH AND WELLNESS	
HPED 165	INTRODUCTION TO EXERCISE SCIENCE	3
HPED 173	BIOMECHANICS OF RESISTANCE TRAINING	3
PEFT 185	ROPES COURSE	1
SDEV 101	INTRODUCTION TO THE LCCC COMMUNITY ¹	1
Hours		17
Spring Semester		
BIOG 222	ANATOMY AND PHYSIOLOGY II	4
CMMC 151	ORAL COMMUNICATION	3
ENGL 162	COLLEGE COMPOSITION II ²	3
HPED 261	EXERCISE PHYSIOLOGY FOUNDATIONS ³	3
MTHM 168	STATISTICS ⁵	3
or MTHM 158	or QUANTITATIVE REASONING	
PEFT/PEWL Elective		1
Hours		17
Summer Semester		
BIOG 153	BASIC HUMAN NUTRITION	3
HPED 172	EXERCISE MANAGEMENT FOR SPECIAL POPULATIONS	2
PSYH 151	INTRODUCTION TO PSYCHOLOGY	3
SOCY 151G	INTRODUCTION TO SOCIOLOGY	3
Hours		11
Second Year		
Fall Semester		
HLED 153	FIRST AID AND SAFETY	2

¹ A student must register for the orientation course when enrolling for more than six credit hours per semester or any course that would result in an accumulation of 13 or more credit hours.

² Indicates that this course has a prerequisite.

³ Indicates that this course has a prerequisite or may be taken currently.

⁴ Elective selected from the Ohio Transfer 36.

⁵ It is recommended that students transferring to LCCC's University Partnership -University of Akron bachelor of science program should take MTHM 168.