



Fitness Management

PROGRAM DESCRIPTION

Fitness Management Program

The Hocking College Fitness Management program provides students the fundamentals of exercise science combined with the hands-on skills training required for multiple career paths within the fitness industry. Fitness curriculum content focuses on human physiology, exercise science, skills development, business intelligence, and marketing. Upon graduating, students are ready to work in top health and fitness settings across the country, develop their own business ventures, or continue working towards advanced degrees.

Experience

Students experience is at the center of this degree program with consistent hands-on training, networking, visiting top facilities in the region, and completing 200-hours capstone internship in preparation for entering the workforce.

Employment

Hocking College Alumni are gym owners, directors of major corporate facilities, personal trainers, and health and fitness instructors excelling all over the country.

ALL-INCLUSIVE PRICING

Hocking College offers all-inclusive pricing and works with students to assure they have complete college funding, including financial aid, before they start classes. All-inclusive pricing includes the following:

PER SEMESTER

\$300.....Learning Fee

\$20.....Health Center Services

\$75.....Career Center Services

Not included in the All-Inclusive Pricing

\$53.....Parking

Pricing for housing and meal plans can be found at hocking.edu/residence-halls.



DEGREE TRACK

The listed degree track is for the 2024/2025 Academic Year

AUTUMN 1				
SCHEDULE	COURSE	COURSE NAME	CREDIT HOURS	COURS FEES
8 Weeks (1)	ENGL-1510	English Composition I	4.00	\$50
8 Weeks (1)	FT-1110	Foundations of Exercise	3.00	\$235
8 Weeks (1)	PED-1401	Beginning Swimming	1.00	\$100
8 Weeks (2)	EM-1135	Basic Life Support (CPR)/BFA	0.50	\$255
8 Weeks (2)	FT-1160	Resistance Training	3.00	\$180
8 Weeks (2)	MATH-1103	Applied Mathematics	3.00	\$150
OR	MATH-1113	College Algebra	4.00	
16 Weeks	GS-1010	Pathways to Prosperity	1.00	\$50
		SEMESTER TOTAL	15.50-16.50	
		IN-STATE TUITION & FEES		\$3,730
		OUT-OF-STATE TUITION & FEES		\$6,045
SPRING 1				
SCHEDULE	COURSE	COURSE NAME	CREDIT HOURS	COURS FEES
8 Weeks (1)	FT-1130	Aerobic & Group Exercise	3.00	\$180
8 Weeks (1)	MICS-1121	Microsoft Office	3.00	\$210
8 Weeks (1)	PSYC-1101	General Psychology	3.00	\$50
8 Weeks (2)	DT-1102	Basic Nutrition	3.00	\$105
8 Weeks (2)	FT-1126	Exercise Testing	4.00	\$205
		SEMESTER TOTAL	16.00	
		IN-STATE TUITION & FEES		\$3,460
		OUT-OF-STATE TUITION & FEES		\$5,775
AUTUMN 2				
SCHEDULE	COURSE	COURSE NAME	CREDIT HOURS	COURS FEES
8 Weeks (1)	BIOS-1113	Anatomy & Physiology	4.00	\$500
8 Weeks (1)	FT-2100	Special Populations & Aging	3.00	\$195
8 Weeks (2)	COMM-1130	Speech	3.00	\$50
8 Weeks (2)	FT-2131	Exercise Prescription	3.00	\$180
8 Weeks (2)	FT-2220	Fitness Management Projects I	3.00	\$190
		SEMESTER TOTAL	16.00	
		IN-STATE TUITION & FEES		\$3,825
		OUT-OF-STATE TUITION & FEES		\$6,140
SPRING 2				
SCHEDULE	COURSE	COURSE NAME	CREDIT HOURS	COURS FEES
8 Weeks (1)	BUS-1102	Introduction to Management	3.00	\$80
8 Weeks (1)	FT-2191	Fitness Management Projects II	3.00	\$360
8 Weeks (1)	SUPR-2235	Supervision & Leadership	3.00	\$55
8 Weeks (2)	FT-2297	Fitness Directed Practicum	4.00	\$280
8 Weeks (2)	GS-2010	Pathways to Prosperity II	1.00	\$50
		SEMESTER TOTAL	14.00	
		IN-STATE TUITION & FEES		\$3,535
		OUT-OF-STATE TUITION & FEES		\$5,850
		TOTAL CREDIT HOURS	61.50-62.50	
		TOTAL IN-STATE TUITION & FEES		\$14,550.00
		TOTAL OUT-OF-STATE TUITION & FEES		\$23,810.00

*All courses and course fees are subject to change. Visit us online to see the most up-to-date curriculum and pricing for this program.

QUESTIONS? CONTACT ME.

Admissions

Admissions@hocking.edu

(740) 753-7050

www.hocking.edu/fitness-management