Personal Fitness Trainer
Associate in Applied Science
(63 total credit hours)

BASIC SKILLS (18 Credits)
☐ ENG 101 Composition I (3)
☐ ENG 102 Composition II: Literature and Research or ENG 103 Composition II: Rhetoric and Research (3)
☐ SP 106 Public Speaking or SP 101 Oral Communications (3)

☐ Physical Education (5)
  ___ PE 110 Rules and Officiating I (2)
  ___ PE 119 Tennis (1)
  ___ PE 121 Volleyball (1)
  ___ PE 122 Archery (1)
  ___ PE 124 Weightlifting I (1)
  ___ PE 125 Introduction to Recreation (3)
  ___ PE 129 Basketball I (1)
  ___ PE 134 Golf (1)
  ___ PE 135 Running Awareness (1)
  ___ PE 136 Baseball Conditioning I (1)
  ___ PE 137 Basketball Conditioning-Men (1)
  ___ PE 138 Basketball Conditioning-Women (1)
  ___ PE 139 Lifetime Fitness (3)
  ___ PE 140 Advanced Weightlifting/Condition I (1)
  ___ PE 141 PE for Men (1)
  ___ PE 143 Introduction to Athletic Training (1)
  ___ PE 149 Softball Conditioning I (1)
  ___ PE 220 Theory of Coaching Basketball (1)
  ___ PE 221 Theory of Coaching Track and Field (1)
  ___ PE 222 Theory of Coaching Football (1)
  ___ PE 223 Theory of Coaching Baseball (1)
  ___ PE 236 Baseball Conditioning II (1)
  ___ PE 237 Advanced Basketball Conditioning-M (1)
  ___ PE 238 Advanced Basketball Conditioning-F (1)
  ___ PE 240 Advanced Weightlifting/Condition II (1)
  ___ PE 241 Weightlifting II (1)

☐ Computer Literacy (3)
  ___ BUS 245A Micro App I: Dreamweaver (3)

☐ Orientation (1)
  ___ COL 103 College Success & Orientation (1)

HUMANITIES and FINE ARTS (3 Credits)
☐ Art
  ___ A 101 Art Appreciation (3)
  ___ A 201 Art History I (3)
  ___ A 202 Art History II (3)

☐ Foreign Language
  ___ LG 101 Spanish I (5)
  ___ LG 102 Spanish II (5)
  ___ LG 201 Spanish III (3)

☐ History
  ___ HIS 101 United States History I (3)
  ___ HIS 102 United States History II (3)
  ___ HIS 103 History of Western Civilization I (3)
  ___ HIS 104 History of Western Civilization II (3)
  ___ HIS 202 Introduction to Ancient History (3)
  ___ HIS 204 Readings in Western Civilization I (3)
  ___ HIS 205 Readings in Western Civilization II (3)

☐ Literature
  ___ ENG 104 Introduction to Literature (3)
  ___ ENG 202 American Literature I (3)
  ___ ENG 208 Introduction to Short Story (3)
  ___ ENG 209 American Literature II (3)
  ___ ENG 210 World Literature I (3)
  ___ ENG 211 World Literature II (3)
  ___ ENG 212 English Literature I (3)
  ___ ENG 213 English Literature II (3)
  ___ LS 102 Children’s Literature (3)

☐ Music
  ___ M 103 Music History/Appreciation (3)
  ___ M 146 Musical Theatre History (3) (=TH 146)
  ___ M 162 Introduction to World Music (3)
  ___ M 223 History of Jazz (3)

☐ Philosophy
  ___ PHI 101 Introduction to Philosophy (3)
  ___ PHI 102 Introduction to Ethics (3)
  ___ PHI 103 Logic and Critical Thinking (3)
  ___ PHI 105 Religions of the World (3)

☐ Photography
  ___ PHO 107 History of Photography (3)

☐ Speech
  ___ SP 103 Oral Interpretation (3)

☐ Theatre
  ___ TH 105 Introduction to Drama (3)
  ___ TH 108 History/Appreciation of Theatre Arts (3)
  ___ TH 146 Musical Theatre History (3) (=M 146)
  ___ TH 208 Film Appreciation (3)
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SOCIAL & BEHAVIORAL SCIENCES (3 Credits)
- PSY 101 General Psychology (3)

SCIENCE (11 Credits)
- BS 104 Human Anatomy with lab (4)
- BS 105 Human Physiology with lab (4)
- BS 110 Nutrition (3)

DEGREE REQUIREMENTS (28 Credits)
- BS 241 CPR Basic (1)
- BUS 112 Business of Personal Training (3)
- PE 112 Personal & Community Health (3)
- PE 113 First Aid and Safety (3)
- PE 150 Personal Trainer Field Experience (1)
- PE 150A Personal Trainer Field Experience (1)
- PE 150B Personal Trainer Field Experience (1)
- PE 150C Personal Trainer Field Experience (1)
- PE 210 Advanced Concepts in Personal Training (5)
- PE 224 Care and Prevention of Injuries (3)
- PE 250 Exercise Physiology (3)
- PSY 280 Health Psychology (3)