

Personal Fitness Trainer

Associate in Applied Science

(63 total credit hours)

BASIC SKILLS (18 Credits)

- ENG 101 College English I (3)**
- ENG 102 College English II (3)***
- SP 106 Public Speaking or
SP101 Oral Communications (3)***

- PE Elective (5)***
 - ___ PE 110 Rules and Officiating I (2)
 - ___ PE 119 Tennis (1)
 - ___ PE 120 Rules and Officiating II (2)
 - ___ PE 121 Volleyball (1)
 - ___ PE 122 Archery (1)
 - ___ PE 124 Weightlifting (1)
 - ___ PE 125 Introduction to Recreation (3)
 - ___ PE 129 Basketball I (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 139A Lifetime Fitness (3)*
 - ___ PE 140 Advanced Weightlifting/Conditioning (1)
 - ___ PE 141 PE for Men (1)
 - ___ PE 143 Introduction to Athletic Training I (3)
 - ___ PE 149 Softball Conditioning I (1)
 - ___ PE 220 Theory of Coaching Basketball (2)
 - ___ PE 221 Theory of Coaching Track and Field (2)
 - ___ PE 222 Theory of Coaching Football (2)
 - ___ PE 223 Theory of Coaching Baseball (2)
 - ___ PE 236 Baseball Conditioning II (1)
 - ___ PE 237 Advanced Basketball Conditioning-M (1)
 - ___ PE 238 Advanced Basketball Conditioning-W (1)
 - ___ PE 240 Advanced Weightlifting/Conditioning II (1)
 - ___ PE 241 Weightlifting II (1)
 - ___ PE 249 Softball Conditioning II (1)

- Computer Literacy (3)**
 - ___ BUS 246B Electronic Comm.: Frontpage (3)*

- Orientation (1)**
 - ___ COL 103 College Success & Orientation (1)

* Fulfills Personal Fitness Trainer requirement.

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 202 American Literature I (3)
 - ___ ENG 207 Narrative Film (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)
 - ___ ENG 223 Creative Writing (3)
 - ___ LS 102 Children's Literature (3)
- Music**
 - ___ M 103 Music History/Appreciation (3)
 - ___ 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 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)

See other side.

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SOCIAL & BEHAVIORAL SCIENCES (3 Credits)

___ PSY 101 General Psychology (3)*

* Fulfills Personal Fitness Trainer requirement.

SCIENCE (11 Credits)

___ BS 104 Human Anatomy with lab (4)*

___ BS 105 Human Physiology with lab (4)*

___ BS 110 Nutrition (3)*

* Fulfills Personal Fitness Trainer requirement.

PERSONAL FITNESS TRAINER REQUIREMENTS (28 CREDITS)

___ BS 241 CPR Basic (1)

___ BUS112 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)

See other side.

Revised 10/11