

# 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 & Research**

OR **ENG 103 Composition II: Rhetoric & 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 (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 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 130 Microcomputer Applications I (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)

**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 & 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)

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