

Highland Community College
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 (1)

HUMANITIES and FINE ARTS (3 Credits)

Art
___ A 101 Art Appreciation (3)
___ A 107 Drawing I (3)
___ A 201 Art History Survey: Prehistoric to Medieval (3)
___ A 202 Art Hist Survey: Renaissance to Contemporary (3)

Foreign Language

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

History

___ HIS 101 United States History to 1877 (3)
___ HIS 102 United States History since 1877 (3)
___ HIS 103 History of Western Civilization I (3)
___ HIS 104 History of Western Civilization II (3)
___ HIS 202 Introduction to Ancient History (3)

Library Science

___ LS 102 Children's Literature (3)

Literature

___ ENG 104 Introduction to Literature (3)
___ ENG 202 American Lit: Pre-Colonial to Civil War (3)
___ ENG 208 Introduction to Short Story (3)
___ ENG 209 American Lit: Reconstruction to Pres (3)
___ ENG 210 World Lit: Beginnings to Renaissance (3)
___ ENG 211 World Lit: Enlightenment to Present (3)
___ ENG 212 British Literature: Middle Ages to 1800 (3)
___ ENG 213 British Literature: 1800 to Present (3)
___ ENG 215 Diverse Voices in Literature (3)

Music

___ M 103 Music History/Appreciation (3)
___ M 146 Musical Theatre History (3) (= to 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)
___ SP 105 Interpersonal Communication (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)

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)

Revised 8/20