

Highland Community College  
**Personal Fitness Training**  
Associate in Applied Science  
(60 total credit hours)

**BASIC SKILLS (8 Credits)**

**Composition and Speech (6)**

- ENG 101 Composition I (3)
- ENG 102 Composition II: Literature and Research (3)
- ENG 103 Composition II: Rhetoric and Research (3)
- ENG 110 Technical Composition (3)
- SP 101 Oral Communications (3)
- SP 106 Public Speaking (3)

**Computer Literacy (1)**

- \_\_\_ BUS 130 Microcomputer Applications I (3)
- \_\_\_ BUS 133 Micro App I: Spreadsheet (3)
- \_\_\_ BUS 139 Micro App I: Word Processing (3)
- \_\_\_ BUS 181 Micro App I: Word Processing (1)
- \_\_\_ BUS 183 Micro App I: Spreadsheet (1)
- \_\_\_ BUS 189 Micro App I: Electronic Bus Pres (1)

**Orientation (1)**

- COL103 College Success (1)

**HUMANITIES and FINE ARTS (3 Credits)**

**Philosophy**

- \_\_\_ PHI 102 Introduction to Ethics (3)
- \_\_\_ PHI 103 Logic & Critical Thinking (3)

**SOCIAL & BEHAVIORAL SCIENCES (3 Credits)**

**Psychology**

- \_\_\_ PSY101 General Psychology (3)
- \_\_\_ PSY205 Human Growth & Development (3)

**MATHEMATICS OR SCIENCES (13 Credits)**

**Natural Sciences**

- \_\_\_ BS 104 Human Anatomy with lab (4)
- \_\_\_ BS 105 Human Physiology with lab (4)
- \_\_\_ BS 112 Nutrition for Health, Fitness & Sports w/Lab (5)

**Notes:**

Technical courses can be no more than 5 years old.

Up to two extra Computer Literacy credit hours can be used towards PFT Elective hour requirements.

**DEGREE REQUIREMENTS (33 Credits)**

**Required Personal Fitness Trainer Courses (27)**

- BUS112 The Business of Personal Training (3)
- PE 112 Personal & Community Health (3)
- PE 113 First Aid and Safety (3)
- PE 139A Lifetime Fitness for PFT (3)
- PE 150 Personal Trainer Field Experience I (1)
- PE 150A Personal Trainer Field Experience II (1)
- PE 150B Personal Trainer Field Experience III (1)
- PE 150C Personal Trainer Field Experience IV (1)
- PE 210 Advanced Concepts in Personal Training (5)
- PE 224 Care and Prevention of Injuries (3)
- PE 250 Exercise Physiology (3)

**Personal Fitness Trainer Electives (6)**

- BS 241 CPR Basic (1)
- 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 134 Golf (1)
- PE 135 Running Awareness (1)
- PE 136 Baseball Conditioning I (1)
- PE 137 Basketball Conditioning - Men's I (1)
- PE 138 Basketball Conditioning - Women's I (1)
- PE 140 Advanced Weightlifting/Conditioning I (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 - Men's (1)
- PE 238 Advanced Basketball Conditioning - Women's (1)
- PE 240 Advanced Weightlifting/Conditioning II (1)
- PE 241 Weightlifting II (1)
- PE 249 Softball Conditioning II (1)
- PSY280 Health Psychology (3)

Revised 9/20