

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

BASIC SKILLS (8 Credits)

Composition and Speech (6)

- ENG101 Composition I (3) †
- ENG102 Composition II: Literature and Research (3) †
- ENG103 Composition II: Rhetoric and Research (3) †
- ENG110 Technical Composition (3)
- SP 101 Oral Communications (3)
- SP 106 Public Speaking (3) †

Computer Literacy (1)~

- BUS130 Microcomputer Applications I (3) †
- BUS133 Micro App I: Spreadsheet (3)
- BUS139 Micro App I: Word Processing (3)
- BUS181 Micro App I: Word Processing (1)
- BUS183 Micro App I: Spreadsheet (1)
- BUS189 Micro App I: Electronic Bus Pres (1)

~The one credit hour of Computer Literacy must have been completed within the past five years.

Orientation (1)

- COL103 College Success (1)

HUMANITIES and FINE ARTS (3 Credits)

Philosophy

- ___ PHI102 Introduction to Ethics (3) †
- ___ PHI103 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:

@ indicates a degree requirement course that can be no more than 5 years old to count toward this AAS degree.

† This course is approved by the Kansas Board of Regents for System Wide Transfer (SWT) among all Kansas public postsecondary institutions offering an equivalent course. Additional courses may also be eligible for transfer. Please visit the Highland Registrar to learn more.

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)

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