



Associate in Applied Science - Personal Fitness Trainer
63 Credit Hours

Anticipated Course Rotation of Online Course Offerings

Degree Requirements		Credit Hours	Semester Offered		
BS 104	Human Anatomy with Lab	4	Fall	Spring	Summer
BS 105	Human Physiology with Lab	4	Fall	Spring	Summer
BS 110	Nutrition	3	Fall	Spring	Summer
BUS112	Business of Personal Training	3	Fall (even years)		
PE 112	Personal & Community Health	3		Spring	
PE 113	First Aid & Safety	3		Spring	
PE 150	Personal Training Field Experience I	1	Fall	Spring	
PE 150A*	Personal Training Field Experience II	1	Fall	Spring	
PE 150B*	Personal Training Field Experience III	1	Fall	Spring	
PE 150C*	Personal Training Field Experience IV	1	Fall	Spring	
PE 210*	Advanced Concepts in Personal Training	5		Spring (even years)	
PE 224	Care & Prevention of Athletic Injuries	3	Fall		
PE 250*	Exercise Physiology	3		Spring	
PSY280*	Health Psychology	3		Spring	
<u>PE Electives (5 hours)</u>					
PE 139A	Lifetime Fitness	3	Fall		
PE 125	Introduction to Recreation	3		Spring	
<u>General Education</u>					
ENG101*	Composition I	3	Fall	Spring	Summer
ENG102*/SP 101	Composition II or Oral Communications	3	Fall	Spring	Summer
BUS130	Microcomputer Applications I	3	Fall	Spring	Summer
COL103	College Success	1	Fall	Spring	Summer
	Humanities Course	3	Fall	Spring	Summer
PSY101	General Psychology (Social Science)	3	Fall	Spring	Summer

* Course Prerequisite Required

Contact hconline@highlandcc.edu for enrollment assistance

*updated 1909 dkp
 rotation subject to change*