

Programs of Study - Transfer

HEALTH, HUMAN PERFORMANCE & RECREATION

Personal Trainer/Strength & Conditioning Coach Emphasis

Associate in Science (AS)

Semester 1

PE 156	Principles of Strength and Conditioning	3 credit hours
CM 101	English Composition I	3 credit hours
MA 111	College Algebra (or higher)	3 credit hours
SS 140	U.S. Government: National	3 credit hours
SS 100	College Skills and Resources ⁴	1 credit hour
	Humanities General Education ¹	<u>3 credit hours</u>

Total: 16 credit hours

Semester 2

CM 102	English Composition II	3 credit hours
PE 155	Recognition & Care of Athletic Injuries	3 credit hours
	Physical Science with lab General Education ²	4 credit hours
HE 124	Nutrition	3 credit hours
PE 141	Personal Wellness	<u>3 credit hours</u>

Total: 16 credit hours

Semester 3

SC 120	Human Anatomy and Physiology I	4 credit hours
	Social Science General Education	3 credit hours
PE 131	First Aid and Safety	3 credit hours
PE 136	Theory of Coaching	3 credit hours
SS 101	General Psychology	<u>3 credit hours</u>

Total: 16 credit hours

Semester 4

SC 121	Human Anatomy and Physiology II	4 credit hours
SS 130	Introduction to Sociology	3 credit hours
CM 115	Public Speaking	3 credit hours
	Humanities General Education ¹	3 credit hours
PE 130	Introduction to Physical Education	<u>3 credit hours</u>

Total: 16 credit hours 64 credit hours

¹The six hours of humanities gen. ed. must represent at least two different disciplines in fine arts, history, literature, or philosophy.

²Check transfer requirements when selecting a natural science. Some universities may require two sciences as a gen. ed. and/or elective.

³The six hours of general education social sciences must represent a minimum of two different areas of study.

⁴College Skills and Resources is a required course for all first time, full-time entering Freshmen.

⁵Electives are any college coursework at or above the 100 level. Each Department maintains a list of recommended electives. Students are strongly encouraged to consider transfer institution requirements when choosing elective courses.