

**ASSOCIATE IN APPLIED SCIENCE
HEALTH AND FITNESS SCIENCE
(A45630)**

Name: _____

Student ID: _____

College Readiness	
	<u>English</u>
Must enroll in Transition English (ENG-002) course	
Must enroll in ENG-111 co-requisite course	
May enroll directly into ENG-111	
	<u>Math</u>
Must enroll in Transition Math (MAT-003) course	
Must enroll in co-requisite course MAT-043, MAT-052, MAT-071	
May enroll directly into MAT-143, MAT-152, MAT-171	

FIRST FALL SEMESTER				
Course Prefix & Number	Course Title	Semester & Year	Grade	Credit Hours
ACA 115	Success & Study Skills			1
BIO 168	Anatomy & Physiology I			4
ENG 111	Writing and Inquiry			3
HFS 110	Exercise Science			4
MAT 143	Quantitative Literacy			3
PED 110 or HEA 110	Fit and Well for Life Personal Health/Wellness			2 3
TOTAL				17-18

FIRST SPRING SEMESTER				
Course Prefix & Number	Course Title	Semester & Year	Grade	Credit Hours
BIO 155	Nutrition			3
BIO 169	Anatomy & Physiology II			4
CIS 110	Introduction to Computers			3
HFS 111	Fitness & Exercise Testing I			4
HFS 116	Prevention & Care of Exercise Related Injuries			3
TOTAL				17

SECOND FALL SEMESTER				
Course Prefix & Number	Course Title	Semester & Year	Grade	Credit Hours
COM 231	Public Speaking			3
HEA 112	CPR & First Aid			2
HFS 120	Group Exercise Instruction			3
HFS 214	Health & Fitness Law			3
HFS 218	Lifestyle Change and Wellness			4
TOTAL				15

(Over)

SECOND SPRING SEMESTER				
Course Prefix & Number	Course Title	Semester & Year	Grade	Credit Hours
HFS 118	Fitness Facility Management			4
HFS 210	Personal Training			3
HFS 212	Exercise Programming			3
PSY 150	General Psychology			3
WBL 111	Work-Based Learning I			1
ELECTIVE	Humanities/Fine Arts Elective ART-111 ART-114 ART-115 ART-121 ART-131 DAN-110 MUS-110 MUS-111 MUS-112 PHI-215 PHI-240 REL-110 REL-211 REL-212 REL-221			3
	TOTAL			17
	TOTAL CREDIT HOURS			66-67

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