

Exercise and Movement Science Program

Academic Planning Sheet - 1 Year Fitness Technician Certificate

Program Core Classes (Required)

<input type="checkbox"/>	EXMS 194F	Fit. Assess./Ex Rx Field Tech.	3 cr.	1st Fall
<input type="checkbox"/>	EXMS 194S	Strength & Conditioning Instruction	2 cr.	1st Fall
<input type="checkbox"/>	EXMS 196	Anatomy & Kinesiology	3 cr.	1st Fall
<input type="checkbox"/>	EXMS 194T	Tech. Group Ex Leadership	2 cr.	1st Winter
<input type="checkbox"/>	EXMS 295	Injury Prevention/Management	3 cr.	1st Winter
<input type="checkbox"/>	EXMS 135	Exercise Physiology I	3 cr.	1st Spring
			<u>16 cr.</u>	

* All core classes must be passed with a "C" or higher to move on to the next term.
Students must maintain a cumulative GPA of 3.0 or higher in all core classes.

Cooperative Education Internship Requirements

<input type="checkbox"/>	PE 280F	Fitness Center	1 cr.	1st Fall	
<input type="checkbox"/>	PE 280F	Fitness Center	1 cr.	1st Winter	
<input type="checkbox"/>	PE 280PE	Group Exercise*	1 cr.		*See options below
<input type="checkbox"/>	PE 280RT	Corrective Fitness	1 cr.	1st Spring	
<input type="checkbox"/>	PE 280	_____	<u>1 cr.</u>		*See list for options
			5 cr.		

*Group Exercise Internship Options: PE 181C; PE 181D; PE 181K; PE 181S; PE 181SB; PE 181SS; PE 181Y; PE 183CG; PE 185Y; PE 185G

Note: each Co-op site (not category) may only be repeated twice; FEC exception 2 above the 2 req.

Other Program Requirements

<input type="checkbox"/>	HE 275	Lifetime Health & Fitness	3 cr.	
<input type="checkbox"/>	HE 252	First Aid (HE 262 may be substituted)	3 cr.	
<input type="checkbox"/>	FN 225	Nutrition	4 cr.	
<input type="checkbox"/>	BI _____	Biology Requirement (see list)	4 cr. min	1st Winter
<input type="checkbox"/>	PE 183F/A	Fitness Ed. Intro -or- Beg. Condition.	1 cr.	
<input type="checkbox"/>	PE 183S/U	Strength Training	<u>1 cr.</u>	
			16cr.	

General Education Requirements

<input type="checkbox"/>	SP _____	Speech (see list)	4 cr.	
<input type="checkbox"/>	MTH _____	Math (70 or higher)	4 cr. min.	(MTH 60 + 65 accepted)
<input type="checkbox"/>	WR 115 or 121		4 cr.	
<input type="checkbox"/>	_____	Human Relations	<u>3 cr.</u>	*see list in Catalogue; AAS Req.
			15 cr.	

Speech Course Options

SP 100 Basic Communication
SP 105 Listening and Critical Thinking
SP 111 Fundamentals of Public Speaking
SP 115 Introduction to Intercultural Communications
SP 218 Interpersonal Communication

Cooperative Education Internship Options

PE 280F Co-op Ed: Fitness
PE 280RT Co-op Ed: Corrective Fitness
PE 280 Co-op Ed: Physical Education
PE 280AR Co-op Ed: Aerobics
PE 280W Co-op Ed: Wellness
PE 280M Co-op Ed: Fitness Management
PE 280AT Co-op Ed: Athletic Training

Note: All Co-op assignments must be approved by the Program Coordinator

Biology Course Options

BI 102D General Biology/Survey of Biology
BI 102I General Biology/Human Biology
BI 112 & CH 112 Bio-Bonds