

## Exercise and Movement Science Program

### Academic Planning Sheet - 2 Year Associate of Applied Science Degree 2 Year Fitness Specialist 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
<input type="checkbox"/>	EXMS 235	Exercise Physiology II	3 cr.	2nd Fall
<input type="checkbox"/>	EXMS 194L	Fit. Assess./Ex Rx Lab Tech.	3 cr.	2nd Winter
<input type="checkbox"/>	EXMS 294	Foundations of Fitness Management	3 cr.	2nd Spring
			<u>25 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.

#### 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"/>	HE _____	Health Elective (see list)	3 cr. min.
<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	1 cr.
<input type="checkbox"/>	PE _____	PE Elective (see list)	1 cr.
<input type="checkbox"/>	PE _____	PE Elective (see list)	1 cr.
<input type="checkbox"/>	PE _____	PE Elective (see list)	1 cr.
			<u>22 cr.</u>

#### Directed Electives Requirements (12 credits)

<input type="checkbox"/>	_____	Directed Elective (see list)	_____ cr.
<input type="checkbox"/>	_____	Directed Elective (see list)	_____ cr.
<input type="checkbox"/>	_____	Directed Elective (see list)	_____ cr.
<input type="checkbox"/>	_____	Directed Elective (see list)	_____ cr.
			<u>12 cr.</u>

#### 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 or later
<input type="checkbox"/>	PE 280	_____	1 cr.	*See list for options
<input type="checkbox"/>	PE 280	_____	1 cr.	*See list for options
<input type="checkbox"/>	PE 280	_____	1 cr.	*See list for options
<input type="checkbox"/>	PE 280	_____	1 cr.	*See list for options
<input type="checkbox"/>	PE 280	_____	1 cr.	*See list for options
<input type="checkbox"/>	PE 281	_____	1 cr.	*See list for options
			<u>10 cr.</u>	

\*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.

#### 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"/>	WR 121 or 122 or 123 or 227		4 cr.
<input type="checkbox"/>	_____	Human Relations	3 cr. *see list in Catalogue; AAS Req.
<input type="checkbox"/>	_____	Cultural Literacy	3 cr. *see list in Catalogue; AAOT Req.
<input type="checkbox"/>	_____	General Electives	3 cr.
			<u>25 cr.</u>

#### 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

#### Biology Course Options

- BI 102D General Biology/Survey of Biology
- BI 102I General Biology/Human Biology
- BI 112 & CH 112 Bio-Bonds  
(co-requisites; CH 112 as Directed Elective)

*(cont. on next page)*

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#### Health Elective Options

HE 125 Workplace Health and Safety  
 HE 152 Drugs, Society and Behavior  
 HE 199 Special Studies  
 HE 209 Human Sexuality  
 HE 222 Consumer Health  
 HE 240 Holistic Health  
 HE 250 Personal Health  
 HE 255 Global Health

#### 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*

#### PE Elective Options

PE 181C Combination Aerobics  
 PE 181D Dance Aerobics  
 PE 181K Kickboxing Aerobics  
 PE 181S Step Aerobics  
 PE 181SB Body Sculpt  
 PE 181SS Step and Sculpt  
 PE 181Y Yogilates  
 PE 183A Conditioning  
 PE 183B Exercise and Weight Control  
 PE 183C Exercise Walking  
 PE 183CG Group Cycling  
 PE 183E Fitness Circuits  
 PE 183G Fitness Education: Continuing/Returning  
 PE 183J Jogging  
 PE 183R Stability Ball Fitness  
 PE 183S Strength Training  
 PE 183U Strength Training for Women  
 PE 183W Fitness through Corrective Exercise  
 PE 184K Karate  
 PE 184P Personal Defense  
 PE 185T Tai Chi Chuan  
 PE 185Y or PE 185Z or PE 185YG Yoga  
*\*Students may repeat any of the above  
 PE classes once for credit.*

#### Directed Elective Options

BA 101 Introduction to Business	EXMS 214 Phys of Ex & Healthy Aging	HS 107 Gerontology and Aging	PE 181C Combination Aerobics
BA 226 Business Law	EXMS 227 Introduction to Exercise Science	HS 200 Addictive Behaviors	PE 181D Dance Aerobics
BA 278 Leadership and Team Dynamics	EXMS 275 Exercise and Sport Biomechanics	MTH 111 College Algebra	PE 181K Kickboxing Aerobics
BI 101F General Biology - Survey of Biology	FN 230 Family Food and Nutrition	MTH 112 Trigonometry	PE 181S Step Aerobics
BI 102D General Biology – Survey of Biology	FN 190 Sports Nutrition	PH 101 Fundamentals of Physics	PE 181SB Body Sculpt
BI 102I General Biology: Human Biology	HE 125 Workplace Health and Safety	PH 102 Fundamentals of Physics	PE 181SS Step and Sculpt
BI 112 Cell Biology for Health Occupations (co-requisite CH 112)	HE 152 Drugs, Society and Behavior	PH 201 General Physics	PE 181Y Yogilates
BI 231 Human Anatomy and Physiology 1	HE 209 Human Sexuality	PSY 110 Exploring Psychology	PE 183A Conditioning
BI 232 Human Anatomy and Physiology 2	HE 222 Consumer Health	PSY 201 General Psychology	PE 183B Exercise and Weight Control
BI 233 Human Anatomy and Physiology 3	HE 250 Personal Health	PSY 202 General Psychology	PE 183C Exercise Walking
CG 140 Career and Life Planning	HE 240 Holistic Health	PSY 215 Lifespan Developmental Psych	PE 183CG Group Cycling
CG 206 Coping Skills for Stress and Depression	HE 250 Personal Health	PSY 218 Multicultural Psychology	PE 183E Fitness Circuits
CG 216 Understanding Eating Issues	HE 251 Wilderness First Aid	PSY 239 Intro to Abnormal Psych	PE 183G Fitness Education: Continuing/Returning
CH 104 Introductory Chemistry 1	HO 100 Medical Terminology	SOC 204 Intro to Sociology	PE 183J Jogging
CH 105 Introductory Chemistry 2	HS 107 Gerontology and Aging	SOC 207 Women and Work	PE 183R Stability Ball Fitness
CH 112 Chemistry for Health Occupations (co requisite BI 112)	HS 200 Understanding Addictive Behaviors	SOC 208 Sport and Society	PE 183S Strength Training
CH 221 General Chemistry 1	MTH 111 College Algebra	SP 105 Listening and Critical Thinking	PE 183U Strength Training for Women
CH 222 General Chemistry 2	MTH 112 Trigonometry	SP 111 Fundamentals of Public Speaking	PE 183W Fitness through Corrective Exercise
CS 120 Concepts of Computing: Information Processing	PH 101 Fundamentals of Physics	SP 112 Persuasive Speech	PE 184K Karate
EL 115 Effective Learning	PH 102 Fundamentals of Physics	SP 115 Intro to Intercultural Communication	PE 184P Personal Defense
EL 115H Effective Learning: Health Science Majors	HO 100 Medical Terminology	SP 130 Business and Professional Speech	PE 185T Tai Chi Chuan
			PE 185Y or PE 185Z or PE 185YG Yoga
			<i>*Students may repeat any of the above              PE classes once for credit.</i>
			SP 218 Interpersonal Communication
			SPAN 101 Spanish, First Year
			SPAN 102 Spanish, First Year
			SPAN 103 Spanish, First Year
			WR 122 English Composition
			WR 123 Composition: Research
			WR 227 Technical Writing