

Personal Training/Strength & Conditioning- Associate in Science

	Credit Hours
General Education Requirements	
COMMUNICATIONS	9
ENG176 English Composition I	
ENG177 English Composition II	
COM276 Public Speaking	
NATURAL & PHYSICAL SCIENCE (1 of each)	9-10
BIO 278 Anatomy & Physiology (5)	
Any CHM, PSC or PHS class with lab	
MATHEMATICS	3
MTH177 College Algebra or higher	
SOCIAL & BEHAVIORAL SCIENCE (from 2 disciplines)	9
HUMANITIES (from 2 disciplines)	9
COMPUTER SKILLS	3
BUS235 Microcomputer Office Applications I	
LIFETIME FITNESS AND HEALTH	3
HPR101 Concepts of Physical Health —or— HPR177 Personal & Community Health	
Physical Activity Course from Approved List	
MAJOR DEPARTMENT/RECOMMENDED ELECTIVES	19
HPR123 Concepts & Applications of the Exercise Sciences (3)	
HPR224 Exercise Techniques (3)	
BIO137 Nutrition (3)	
HPR125 Psychology of Sport (3)	
HPR231 First Aid & Safety (3)	
Electives (4)	
Total Required Credit Hours	64