

**AA- Exercise Science-Personal Training Option
Program Planning Number 165a**

Student Name: _____

GPA _____

Catalog Year: 2009-2010

Student ID Number: _____

Advisor _____

Date _____

GENERAL EDUCATION CORE

Course Number	General Education Core	Credits Required	Credits Earned	Planning
ENGL 121	College Composition I: Expository Writing	3		
ENGL 122	College Composition II: Writing Through Literature	3		
Arts & Humanities	Literature Core Course	3		
	Fine Arts Core Course	3		
	SPCH 105 Fundamentals of Public Speaking	3		
History	History Core Course	3		
Social Sciences	PSYC 101 General Psychology	3		
	SOCI 101 Introduction to Sociology	3		
Science Cores	BIOL 101 General Biology I	4		
	BIOL 203 Anatomy and Physiology I	4		
Mathematics	MATH 138 Statistics	4		
Interdisciplinary	EXSC-101 Introduction to Exercise Science	1		
Total Core Credits – General Education Core credits in excess of 36 will transfer as general electives or courses related to the major. Total general education and required courses must equal at least 60 semester hours of credit.			Total Credits	62

REQUIRED COURSES RELATED TO MAJOR

Course Number	Required Course	Credits Required	Credits Earned	Planning
CHEM 101 <i>or</i> CHEM 103	General Inorganic Chemistry <i>or</i> Fundamentals of General Chemistry	4		
HEED-112	First Aid and Safety	3		
HEED 200	Health/Fitness Leader	3		
HEED 210 <i>or</i> EXSC 150	Foundations of Health Education and Health Behavior OR Sport and Society	3		
EXSC 200	Care and Prevention of Athletic Injuries	3		
EXSC 209	Sport and Exercise Nutrition	3		
EXSC 210	Sport and Exercise Psychology	3		
EXSC 250	Exercise and Science Internship	3		

Students in this program must meet with an advisor regularly and maintain current information regarding the policies of the institutions to which they intend to transfer.

NOTES:

<p>Developmental Courses</p> <p>English</p> <p>___ ENGL-093</p> <p>___ ENGL-096*</p> <p>___ ENGL-094</p> <p>___ ENGL-097</p> <p>English ESL</p> <p>___ ENGL-083</p> <p>___ ENGL-084</p> <p>___ ENGL-085</p> <p>___ ENGL-086*</p> <p>___ ENGL-087</p> <p>*Co-requisite</p> <p>___ FYEX-100</p> <p>Math</p> <p>___ MATH-060</p> <p>___ MATH-061</p> <p>___ MATH-067</p> <p>___ MATH-070</p>
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