

AA- Exercise Science-Martial Arts Option Program Planning Number 165d

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	General Inorganic Chemistry	3		
CHEM 103	OR Fundamentals of General Chemistry			
HEED 112	First Aid and Safety	3		
HEED 200	Health/Fitness Leader	3		
EXSC 209	Sport and Exercise Nutrition	3		
EXSC 210	Sport and Exercise Psychology	3		
EXSC 220	Introduction to the Martial Arts	3		
EXSC 230	Philosophy of Martial Arts	3		
Electives	Chose from below	3		

Course
Electives

LFIT 127	Tai Chi	1
LFIT 128	Martial Arts I	1
LFIT 129	Self-Defense	1
LFIT 130	Mixed Martial Arts	1
LFIT 131	Martial Arts of Southeast Asia	1

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:
Developmental Courses:

__ENGL-083/093	__ENGL-086/096*	__MATH-060
__ENGL-084/094	__ENGL-087/097	__MATH-061
__ENGL-085	__FYEX-100*(co-requisite)	__MATH-067
		__MATH-070

Students are responsible for fulfilling all graduation requirements, including a 2.0 cumulative GPA in all coursework completed at HCC. 4/09

