

ASSOCIATE OF ARTS HEALTH & FITNESS

This curriculum is designed to provide students with the opportunity to acquire the skills, knowledge, and competencies for the field of exercise science. Students will have a wide variety of entry level career opportunities in such areas as athletic trainer assistant, rehabilitation specialist assistant, sport/fitness program director, personal fitness trainer, aerobics instructor, coach, health club specialist, and other fields of interest.

YEAR ONE

FALL SEMESTER			SPRING SEMESTER				
			<u>Credits</u>				<u>Credits</u>
CS112	Introduction to Computers	4	EN112	Content Area:		4	
EN111	College Composition	4		Composition and Research			
ES101	Fitness & Wellness	2	BI107	Human Biology		4	
ES105	Sociology of Sports	4	ES107	Coaching Fundamentals		4	
*****	Humanities Elective	<u>3-4</u>	ES109	Conditioning & Strength in Training		4	
			NA113	Native American Awareness		<u>1</u>	
TOTAL			17-18	TOTAL			17

YEAR TWO

FALL SEMESTER			SPRING SEMESTER				
			<u>Credits</u>				<u>Credits</u>
ES204	Care & Prevention of Sports Injuries	4	ES110	Physical Rehabilitation		2	
ES205	Sports Management	4	ES112	Sports Nutrition		2	
EN107	Public Speaking	3	ES208	Exercise Physiology		4	
MA****	Designated Math Elective	4	HS212	American Government I		4	
	MA114 Intermediate Algebra		*****	Science Elective w/Lab		<u>4</u>	
	MA116 College Algebra						
NA125	History & Organization of Michigan Indian Tribes	<u>4</u>					
TOTAL			19	TOTAL			16

Required credits for this curriculum = 69-70

Students seeking the Michigan Transfer Agreement Seal for transferability should select MA116 for the math elective.