

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		<u>Credits</u>	SPRING SEMESTER		<u>Credits</u>
CS***	Computer Science Elective	4	EN112	Content Area Comp.& Research	4
EN111	College Composition	4	ES101	Fitness & Wellness	2
ES105	Sociology of Sports	4	ES113	Sports Nutrition	3
NA113	Native American Awareness	1	MA***	Math Elective	4
*****	Approved Science Elective	<u>4</u>		MA113 Quantitative Reasoning	
				MA114 Intermediate Algebra	
				MA116 College Algebra	
				MA206 Statistical Methods	
			NA***	Native Studies Elective	<u>4</u>
				NA123 or NA125	
TOTAL		17	TOTAL		17

YEAR TWO

FALL SEMESTER		<u>Credits</u>	SPRING SEMESTER		<u>Credits</u>
ES111	Physical Rehabilitation & Modalities	3	ES109	Conditioning & Strength in Training	4
ES204	Care & Prevention of Sports Injuries	4			
ES205	Sports Management	4	ES208	Exercise Physiology	4
EN107	Public Speaking	3	ES221	Capstone in Health & Fitness	3
*****	Humanities Elective	<u>3-4</u>	*****	Approved Science Elective	<u>4</u>
TOTAL		17-18	TOTAL		15

Required credits for this curriculum = 66-67

Approved Science Electives

BI101 Introduction to Biology
 BI107 Human Biology
 BI221 Anatomy & Physiology I
 BI222 Anatomy & Physiology II
 CH104 Introduction to Chemistry

Students seeking the Michigan Transfer Agreement Seal for transferability should select MA113, MA116, or MA206 for the math elective, choose two different academic disciplines for the science electives.