

# SPORTS AND FITNESS



Toward a Bachelor of Arts Degree

Minimum 62 hours

**Transfer Curriculum • Associate of Arts Degree • Minimum 2.0 OGPA • Major Code: DAA**

## FIRST YEAR

Fall Semester		Credit Hrs
<b>ENG 121</b>	Rhetoric & Composition I	3
<b>PSYC 121</b>	Intro Psychology	3
<b>MATH 144</b>	Heart of Mathematics	4
<b>BIOL 121</b>	Introductory Biology	4
<b>PE 183</b>	Aerobic Exercise	1
Total Hours		15
Spring Semester		Credit Hrs
<b>ENG 122</b>	Rhetoric & Composition II	3
<b>ECON 121</b>	Macroeconomics	3
<b>PE 126</b>	Physical Fitness Through Conditioning	1
<b>HUMANITIES AND FINE ARTS</b>		3
<b>HUMANITIES AND FINE ARTS</b>		3
<b>PE Activity</b>		2
Total Hours		15

## SECOND YEAR

Fall Semester		Credit Hrs
<b>COM 121</b>	Principles of Speaking	3
<b>FCS 124</b>	Introduction to Nutrition	3
<b>HYG 113</b>	First Aid & CPR	2
<b>PE 184</b>	Aerobic Fitness II	1
<b>Elective (See Below)</b>		3
<b>Elective (See Below)</b>		3
<b>PE Activity</b>		2
Total Hours		17
Spring Semester		Credit Hrs
<b>ECON 122</b>	Microeconomics	3
<b>PHIL 221</b>	Fundamentals of Ethics	3
<b>CHEM 123</b>	Basic Inorg/Org Chemistry	4
<b>PE 127</b>	Physical Fitness/Conditioning II	1
<b>Elective (See Below)</b>		3
<b>Elective (See Below)</b>		3
Total Hours		17

The bolded classes on this curriculum guide indicate the minimum a student must complete in order to receive an Associate degree. See advisor for specific transfer information.

SUGGESTED ELECTIVES: BIOL 161-4 Intro to Human Anatomy and Physiology, BIOL 261-4 Human Anatomy and Physiology I, BIOL 262-4 Human Anatomy and Physiology II, BUS 191-3 Financial Accounting, BUS 192-3 Managerial Accounting, BUS 297-3 Business Law I, BUS 298-3 Legal and Social Environment of Business, EDUC 226-3 Students with Special Needs, EDUC 228-3 Diversity of Schools and Society, EDUC 241- Educational Psychology, PE 220-3 Theory of Coaching, PTR 115-4 ACE Trainer Prep, PTR 117-1/2 Internship for Personal Trainers\*

**HUMANITIES AND FINE ARTS: 6 semester hours. At least one course must be taken from each area.**

Area 1	<input type="checkbox"/> ART 121-3 (F2 900) Art Appreciation	<input type="checkbox"/> MUS 121-3 (F1 900) Music Appreciation	<input type="checkbox"/> COM 128-3 (F2 905) Film Appreciation
	<input type="checkbox"/> ART 222-3 (F2 901) Prehistory to Medieval Art	<input type="checkbox"/> MUS 126-3 (F1 904) Intro to American Music	<input type="checkbox"/> THTR 121-3 (F1 907) Introduction to Theater
	<input type="checkbox"/> ART 223-3 (F2 902) Renaissance to Contemporary Art		
Area 2	<input type="checkbox"/> ENG 243-3 (H3 902) Introduction to Drama	<input type="checkbox"/> ENG 261-3 (H3 914) American Literature I	<input type="checkbox"/> PHIL 121-3 (H4 900) Intro to Philosophy
	<input type="checkbox"/> ENG 245-3 (H3 906) World Literature	<input type="checkbox"/> ENG 262-3 (H3 915) American Literature II	<input type="checkbox"/> PHIL 122-3 (H4 906) Fundamentals of Logic
	<input type="checkbox"/> ENG 246-3 (H3 907) Modern Literature		<input type="checkbox"/> PHIL 221-3 (H4 904) Fundamentals of Ethics
			<input type="checkbox"/> PHIL 224-3 (H5 904N) Comparative Religions

\*To complete the requirements for the Personal Trainer/Fitness Instructor Certificate, students need to complete 75 internship clock hours per credit hour for the PTR 117 course. Students have the option to register for one credit hour or two credit hours.

**Career Opportunities:** Personal Trainer, Sports Management, Exercise Science, Coaching

**Major Employers:** Fitness Centers, Gyms, City Sponsored Recreation Facilities, Educational Facilities