

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, MA114, MA116, or MA206	
			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	ES208	Exercise Physiology	4
ES205	Sports Management	4	ES221	Capstone in Health & Fitness	3
EN107	Public Speaking	3	*****	Approved Science Elective	<u>4</u>
*****	Humanities Elective	<u>3-4</u>			
TOTAL		17-18	TOTAL		15

Required credits for this curriculum = 66-67

Approved Science Electives

- BI101 Introduction to Biology, 4 CR
- BI107 Human Biology, 4 CR
- BI221 Anatomy & Physiology I, 4 CR
- BI222 Anatomy & Physiology II, 4 CR
- CH104 Introduction to Chemistry, 4 CR

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