



**Personal Trainer AAS Degree 20501**  
Recommended Course Sequencing – 2020-21

Course	Requirement Filled	Cr	Notes
<b>Fall - 1st Semester</b>			
HHP 100 Personal Health	Core Curriculum-Social Science	3	Reading Score, Offered Fall/Spg
HHP 274 Sports Nutrition	Core Curriculum	3	Offered Fall Only
HHP 278 Kinetic Anatomy	Core Curriculum	3	Offered Fall Only
HHP 213 Intro to Str & Cond for Spt Per	Core Curriculum	3	Offered Fall Only
Elective	Elective	3	Offered Fall and Spring
Elective	Elective	2	Offered Fall and Spring
<b>Total Hours</b>		17	

NOTE: Any developmental courses (such as ENG 100 and MAT 120) must be taken in addition to the above during this semester as prerequisites for later courses.

<b>Spring - 2nd Semester</b>			
BIO 160 Intro Human Anat. & Phys.	Core Curriculum- Lab Science	4	Reading Score, Offered Fall/Spg
HHP 210 Intro Exer. Sci. & Phys. Educ.	Core Curriculum	3	Offered Spring Only
HHP 276 Sports Psychology	Core Curriculum	3	Offered Spring Only
Elective	Elective	3	Offered Fall and Spring
Elective	Elective	3	Offered Fall and Spring
<b>Total Hours</b>		16	

<b>Fall - 3rd Semester</b>			
GE	GE	3	Offered Fall and Spring
GE	GE	3	Offered Fall and Spring
Elective	Elective	3	Offered Fall and Spring
Elective	Elective	3	Offered Fall and Spring
Elective	Elective	3	Offered Fall and Spring
Elective	Elective	1	
<b>Total Hours</b>		16	

<b>Spring - 4th Semester</b>			
GE	GE	3	Offered Fall and Spring
GE	GE	3	Offered Fall and Spring
Elective	Elective	3	Offered Fall and Spring
Elective	Elective	3	Offered Fall and Spring
Elective	Elective	3	Offered Fall and Spring
<b>Total Hours</b>		15	

<b>Total Hours</b>	64
Total Curriculum Requirements (Core)	22
Total Related Curriculum	0
Total General Education	18
Total Elective	24

**Notes:** The foregoing is a recommended, or suggested, sequence of courses. Of course, if a student enters the program in the spring, or transfers credit in, the above would have to be modified.

*This degree dictates specific courses that must be taken as part to meet the General Education requirements. Consult your catalog. All courses must be completed with a grade of "C" or better--Be sure to check the catalog for other changes and requirements.*

Last Updated: