

EXERCISE SCIENCE AND PERSONAL TRAINING - 2018-2019

ASSOCIATE IN APPLIED SCIENCE - SCOTTSDALE COMMUNITY COLLEGE

ACADEMIC AND CAREER ADVISEMENT CENTER – 480-423-6539 – WWW.SCOTTSDALECC.EDU/ADMISSIONS/ADVISEMENT

Name _____ Advisor _____ Date _____

Program Contact: Amy Goff (480) 423-6685 PE-148 amy.goff@scottsdalecc.edu major code 3059

First Effective Term: SPRING 2018	Dept./ Course	Course Title	Credit Hours	Grade	Comments	
Required Courses 36-36.5 Credits	EXS101	Introduction to Exercise Science	3			
	EXS112	Professional Applications of Fitness Principles	3			
	EXS125	Introduction to Exercise Physiology	3			
	EXS130	Strength Fitness-Physiological Principles/Training Techniques	3			
	EXS132	Cardio. Fitness: Physiological Principles and Training Techniques	3			
	EXS145	Guidelines for Exercise Testing and Prescription	3			
	EXS214	Instructional Comp: Flexibility/Mind-Body Exercises	2			
	EXS216	Instructional Comp: Muscular Strength and Conditioning	2			
	EXS218	Instructional Comp: Cardiorespiratory Exercises and Activities	2			
	+EXS239 +EXS239AA +EXS239AB	Practical App. Personal Training Skills/Techniques Internship (3) OR Practical App. of Personal Training Skills/Techniques Internship (1) AND Practical App. of Personal Training Skills/Techniques Internship (2)	3			
	FON100 FON105 FON241	Introductory Nutrition (3) OR Nutrition Principles for Fitness Professionals (3) OR Principles of Human Nutrition (3)	3			
	+FON210	Sports Nutrition and Supplements for Physical Activity	3			
	+FON247	Weight Management Science	3			
		EMT101 HES106	Basic Life Support/Cardiopulmonary Resuscitation (CPR) for Health Care Providers (0.50) OR Cardiopulmonary Resuscitation (CPR)/Automated External Defibrillator (AED) (0.50) OR Current Basic Life Support (BLS) Health Care Provider/Professional Rescuer Certification	0-0.50		
	Restricted Electives 6 Credits		Choose total of six credits from EXS, FON, HES, PED and/or WED courses except courses used to satisfy Required Course area and those excluded below. Max. of two (2) credits of PED courses may be counted toward Restricted Electives.			
		EXS++++	Any EXS Exercise Science courses	1-6		
		FON++++	Any FON Food and Nutrition courses	1-6		
		HES++++	Any HES Health Science courses	1-6		
		PED++++	Any PED Physical Education courses except PED115, PED116, PED117, PED118 (maximum of 2 credits)	1-2		
	WED++++	Any WED Wellness Education courses	1-6			
General Education Requirements 22-27 Credits		Core: 12-17 Credits				
	First-Year Composition	+ENG101 +ENG107 +ENG102 +ENG108	First-Year Composition (3) OR First-Year Composition for ESL (3) AND First Year Composition (3) OR First Year Composition for ESL (3)	6		
	Oral Communication	+COM225	Public Speaking	3		
	Critical Reading	+CRE101	College Critical Reading & Critical Thinking (3) OR equivalent as indicated by assessment	0-3		
	Mathematics	+MAT120 +MAT121 +MAT122	Any approved Mathematics general education course except MAT112. The following courses or higher are recommended: Intermediate Algebra (5) OR Intermediate Algebra (4) OR Intermediate Algebra (3)	3-5		
			Distribution: 10 Credits			
	Humanities, Arts and Design		Any approved general education course in Humanities, Arts and Design area	3		
	Social-Behavioral Sciences	HES100 PSY101	Healthful Living (3) OR Introduction to Psychology (3)	3		
	Natural Sciences	BIO160 +BIO156 +BIO181	Introduction to Human Anatomy and Physiology (4) OR Introductory Biology for Allied Health (4) OR General Biology (Majors) I (4)	4		
			Total Credits	64-69.5		

+Course has a prerequisite.

Revised 4-2018

Grade of 'C' or better required for all courses in the AAS program in the Exercise Science and Personal Training. Completion of this form by an advisor is unofficial; official acceptance of all classes determined by SCC Admissions office.

AAS Exercise Science and Personal Training Degree Progression Plan

The following is a list of semester classes for the smoothest path towards successfully completing the degree. Some changes or restrictions may apply. This sequence of courses is not mandatory; however, it is recommended that 100-level courses precede 200-level courses.

Semester	Course Title	Credit Hours	Comments
First Semester Courses		15-17 cr.	
ENG101 OR ENG107	First-Year Composition	3	
MAT120 OR MAT121 OR MAT122 OR higher	Intermediate Algebra OR higher	3-5	
EXS101	Introduction to Exercise Science	3	
EXS112	Professional Applications of Fitness Principles	3	
FON100 OR FON105 OR FON241	Introductory Nutrition OR Nutrition Principles for Fitness Professionals OR Principles of Human Nutrition	3	
Second Semester Courses		12-15 cr.	
ENG102 OR ENG108	First-Year Composition	3	
CRE101	College Critical Reading & Critical Thinking (3) OR equivalent as indicated by assessment	0-3	
HES100 OR PSY101	Healthful Living (3) OR Introduction to Psychology (3)	3	
EXS125	Introduction to Exercise Physiology	3	
FON210	Sports Nutrition and Supplements for Physical Activity	3	
Third Semester Courses		13-13.5 cr.	
COM225	Public Speaking	3	
EMT101 HES106	Basic Life Support/Cardiopulmonary Resuscitation (0.50) OR Cardio. Resuscitation (CPR)/Automated External Defibrillator (AED) (0.50) OR Current BLS Health Care Provider/Prof. Rescuer Certification	0-0.50	
EXS130	Strength Fitness-Physiological Principles/Training Techniques	3	
*EXS132	Cardio Fitness: Physiological Principles/Training Techniques	3	
BIO160 OR BIO156 OR BIO181	Introduction to Human Anatomy and Physiology (4) OR Introductory Biology for Allied Health (4) OR General Biology (Majors) I (4)	4	
Fourth Semester Courses		13 cr.	
Restricted Electives	EXS, FON, HES, PED, and/or WED courses except courses not used to satisfy Required Courses area. Maximum of two (2) credits of PED courses may be counted toward the Restricted Electives.	6	
EXS145	Guidelines for Exercise Testing and Prescription	3	
EXS214	Instructional Competency: Flexibility and Mind-Body Exercises	2	
EXS216	Instructional Competency: Muscular Strength/Conditioning	2	
Fifth Semester Courses		11 cr.	
*EXS218	Instructional Competency: Cardio. Exercises/Activities	2	
EXS239 (3) OR EXS239AA (1) AND EXS239AB (2)	Practical Applications of Personal Training Skills/Techniques Internship	3	
FON247	Weight Management Science	3	
Humanities, Arts and Design	Choose any HU designated course	3	

**You can view your degree progress online on the my.maricopa.edu website.
Log-in and click Degree Progress Report.**

*NOTE: EXS132 and EXS218 may be scheduled at SCC in eight-week sessions, which provides students the opportunity to take both courses in the same semester. Check SCC's schedule of classes to see if this option is available.