

The Strength, Nutrition, and Personal Training Associate in Applied Science (AAS) prepares students with the knowledge and experience required to be eligible for the American College of Sports Medicine (ACSM) Health and Fitness Instructor Certification, ACSM personal trainer certification, the National Strength and Conditioning Association (NSCA) personal trainer certification, and the American Council on Exercise (ACE) personal trainer certification. This degree will provide students with a stronger educational background making them more marketable in the field of fitness and nutrition. This degree will also meet the needs of individuals with existing degrees in such fields as Exercise Physiology, Nutrition, Athletic Training and other health related disciplines. Registered dietitians, clinical exercise physiologists, personal trainers, exercise specialists, strength and conditioning specialists, coaches, athletes and others interested in acquiring knowledge in exercise, nutrition and health are also eligible for this program.

Students are responsible for proper selection of courses and admission to University and professional programs.

Name	SID	Strength, Nutrition, & Personal Training	
		66-69 Credits	Major code: 3059
		Effective First Year/Term: 2009 Fall	

I. GENERAL EDUCATION CORE (15-17 Credits)				II. GENERAL EDUCATION DISTRIBUTION (10 Credits)			
(Must earn a grade of "C" or higher)							
	CRS	GR	SEM		CRS	GR	SEM
FIRST-YEAR COMPOSITION				HUMANITIES AND FINE ARTS			
ENG101 OR ENG107	3				3		
ENG102 OR ENG108	3			SOCIAL AND BEHAVIORAL SCIENCES			
ORAL COMMUNICATION				CFS205	Human Development (3) OR		
COM100 OR COM110	3			HES100	Healthful Living (3)		
CRITICAL READING				NATURAL SCIENCES			
CRE101 OR TEST EXEMPT	0-3			BIO160	Intro to Human Anatomy & Physiology		
MATHEMATICS				COMMENTS:			
MAT120 OR HIGHER	3-5						

Students must earn a grade of "C" or better required for all courses within the program.

III. REQUIRED COURSES (41-42 Credits)			CRS	GR	SEM
FON100	Introductory Nutrition		3		
FON210	Sports Nutrition and Supplements for Physical Activities		3		
FON230	Nutrition for Special Populations		3		
FON247	Weight Management Theory		3		
MGT253	Owning and Operating a Small Business		3		

HES154	First Aid/Cardiopulmonary Resuscitation (3) OR BLS Health Care Provider and First Aid Certification		3		
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EXS112	Professional Applications of Fitness Principles		3		
EXS125	Introduction to Exercise Physiology		3		

EXS139	Practical Applications of Personal Training Skills and Techniques Internship (3) OR				
EXS139AA	Practical Applications of Personal Training Skills and Techniques Internship (1) AND				
EXS139AB	Practical Applications of Personal Training Skills and Techniques Internship (2) OR				
EXS285	Exercise Program Design and Instruction (3)		3		

EXS145	Guidelines for Exercise Testing and Prescription		3		
PSY101	Introduction to Psychology		3		
PSY215	Introduction to Sport Psychology		3		

AND Choose one of the following series for 5-6 credits:

Series 1 (6 Credits)					
EXS212SC	Instructional Competency Lab: Muscular Strength and Conditioning		2		
EXS212CR	Instructional Competency Laboratory: Cardiorespiratory Exercises and Activities		2		
EXS212FL	Instructional Competency Laboratory: Flexibility and Mind-Body Exercises		2		

OR

Series 2 (5 Credits)					
EXS130	Strength Fitness-Physiological Principles and Training Techniques		3		
EXS132	Cardiovascular Fitness: Physiological Principles and Training Techniques (2) OR				
EXS212CR	Instructional Competency Laboratory: Cardiorespiratory Exercises and Activities (2)		2		

OR

Series 3 (5 Credits)					
EXS275	Methods of Enhancing Physical Performance		3		
EXS132	Cardiovascular Fitness: Physiological Principles and Training Techniques (2) OR				
EXS212CR	Instructional Competency Laboratory: Cardiorespiratory Exercises and Activities (2)		2		