

Degree Requirements

Semester I	Credit Hours	
ENG ___ *	Select one of the following:	3
	ENG 101 College Writing	
	ENG 105 College Writing Seminar	(4)
BIO ___	Select one of the following sets:	4
	BIO 101 Intro to General Bio Lecture and BIO 102 Intro to General Bio Lab	
	or	
	**BIO 115 Anatomy & Physiology I Lecture and **BIO 116 Anatomy & Physiology I Lab	
PSY 101	Introduction to Psychology	3
COM 100	Public Speaking	3
PHF 110	Exercise Science, Athletic Training & Physical Fitness Seminar	1
Semester II		
BIO ___	Select one of the following:	3
	BIO 105 Essentials of Anatomy & Physiology	
	or	
	**BIO 117 Anatomy & Physiology Lecture II and	(3)
	**BIO 118 Anatomy & Physiology Lab II	(1)
BIO 121	Nutrition	3
MAT ___ *	Select one of the following:	3
	MAT 100 Intermediate Algebra	
	MAT 101 Business Math	
PHF 155	Introduction to Exercise Science	4
PHF 150	Methods of Life Style Coaching	3
Semester III		
PHF 122	Kinesiology	3
___ ___	Elective: PSY/SOC	3
PHF 204	Nutrition to Improve Human Performance	3
PHF 207	Introduction to Injury Prevention & Management	3
PHF 197	Field Experience	2
Semester IV		
PHI 111	Introduction to Ethics	3
PHF 251	Methods of Teaching Group Exercise	3
PHF 208	Exercise Test and Prescription	4
ENG ___	Select one of the following:	3
	ENG 220 Business Communication	
	ENG 201 Technical Writing	
PHF 299	Practicum	4
Total Credit Hour Requirements		61-62

**Placement determined by assessment test scores and/or prior college coursework. **The BIO 115-118 series is the recommended sequence for students interested in transferring to a four-year institution.*



Office of Admissions

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Physical Fitness Specialist Degree Prerequisites/Requirements:

Applicants must be in exceptionally good health due to the physical requirements of the program. Criminal background checks and/or liability insurance may be required before the practicum experience and/or may be required by a potential employer. Prior to enrolling students must have a current Standard First Aid and CPR card.