

This program is offered online through the Richfield and Woodbury campuses.  
This program is offered residentially only at the Plymouth, St. Cloud and Woodbury campuses.‡

The objective of this program is to provide students with industry knowledge and skills required for entry-level positions in the health, fitness and wellness industry. This program will prepare students for employment as personal trainers and consultants; working in public, private and government settings including health clubs, commercial fitness centers, corporate fitness/wellness centers, university wellness/adult fitness centers, municipal/city recreation/family centers and worksite health-promotion organizations.

The goal of this program is to prepare graduates who are able to:

1. Identify anatomical structures and functions, and translate terminology regarding human movement
2. Select appropriate fitness assessments; interpret results; and utilize data to design exercise programs
3. Summarize the role of nutrition in promoting health and affecting body processes throughout the life cycle
4. Predict physiological responses to exercise
5. Compare leadership philosophies
6. Demonstrate appropriate written and verbal communication skills
7. Evaluate the quality of multiple viewpoints, arguments, and evidence and distinguish between fact and opinion
8. Exhibit social responsibility and examine the diverse cultures and value systems of our global community

#### CORE REQUIREMENTS

Class #	Class Name	Credits
BS110	Business Communications	4
CS131	Microsoft Office Professional I	3
HS102	Introduction to Exercise Science	2
HS141	Human Anatomy	5
HS150	Kinesiology	4
HS201	Biomechanics	3
HS211	General Nutrition	3
HS240	Fitness Analysis	3
HS248	Exercise Prescription: Theory of Exercise	3
HS254	Exercise Prescription for Special Populations	4
HS265	Exercise Physiology	4
HS351	Externship Training	6
MA100	Medical Terminology	4
MA110	Anatomy and Physiology	5
MG100	Introduction to Business	5
MG110	Supervisory Management	4
MK150	Marketing	4
MK220	Sales Management	3
PD250	Career Development	1

Students will choose 2 courses from the following:

HS287	Worksite Health Promotion	3
HS321	Principles of Child Fitness	3
MG220	Small Business Management	4
MG340	Leadership and Management	4

**Total Core Minimum Credit Requirement** 76

#### GENERAL EDUCATION REQUIREMENTS

A student pursuing an associate's degree is required to earn a minimum of 30 credits from the general education courses listed below, demonstrating a solid grounding in the liberal arts. A minimum of three credits must be earned in each of the following disciplines: communications, humanities, natural science and mathematics and social science.

Class #	Class Name	Credits
<b>COMMUNICATIONS</b>		
CM111	Speech Communications	4
CM121	Composition (required)	4
CM200	Intercultural Communications	4
CM210	Creative Writing	4
CM220	Art of Persuasion	4
CM230	Mass Communication	4
CM320	Writing and Research	4
<b>HUMANITIES</b>		
HU100	Introduction to Humanities	4
HU121	Film in Society	4
HU130	Spanish I	4
HU150	Introduction to Literature	4
HU200	Art in the Modern World	4
HU230	Spanish II	4
HU310	The Novel	4
HU315	World Literature	4
<b>NATURAL SCIENCE and MATHEMATICS</b>		
^Students must complete either NS112 or NS116		
NS105	Biology	4
NS111	Environmental Issues	4
NS112	Topics in Mathematical Reasoning (required)^	4
NS116	College Algebra I (required)^	4
NS121	Earth Science	4
NS126	Chemistry Today*	4
NS135	Microbiology	4
NS140	Anatomy and Physiology I	4
NS150	Anatomy and Physiology II	4
NS216	College Algebra II	4
NS305	Statistics I	4
NS320	Introduction to Decision Systems	4
NS351	Statistics II	4
<b>SOCIAL SCIENCE</b>		
SS103	Global Citizenship (required)	2
SS116	Introduction to Psychology	4
SS130	Law in Society	4
SS140	Interpersonal Relations (required)	4
SS145	Introduction to Macroeconomics	4
SS200	Introduction to Microeconomics	4
SS205	Sociology	4
SS210	Developmental Psychology	4
SS230	Psychology of Personality	4
SS311	Human Behavior	4
SS331	International Economics	4
SS360	Abnormal Psychology	4
<b>Total General Education Minimum Credit Requirement</b>		<b>30</b>

**Total Program Minimum Credit Requirement** 106

Notes:

‡ Students will be expected to take online coursework

Students may be required to complete Foundations of Mathematics I and/or II and Foundations of Writing I and/or II based upon competency exam scores.

\* Offered only at the Richfield, MN campus.