



## Highland Community College - Program Information

### Associate of Applied Science (AAS)

Personal Fitness Trainer (full-time)

Effective Date 08/11/2021

*The plan above is a sample course list. Consult an advisor for the best options. The total credits may exceed the 60 required for the Associate in Applied Science in Personal Fitness Training. Some courses are semester-specific, have prerequisites, or require a grade of C or higher. Technical courses must be under five years old.*

1 <sup>st</sup> Sem	COURSE	CREDITS	SGE	COMPLETED
ENG101	Composition I	3	010	<input type="checkbox"/>
BUS112	Business of Personal Training	3	070	<input type="checkbox"/>
COL103	College Success	1	070	<input type="checkbox"/>
	Computer Literacy	1	050	<input type="checkbox"/>
	PE Elective Course	3	070	<input type="checkbox"/>
PE 150	Personal Trainer Field Experience I	1	070	<input type="checkbox"/>
<b>Total Credits</b>		<b>12</b>		

2 <sup>nd</sup> Sem	COURSE	CREDITS	SGE	COMPLETED
	Oral Communications (SGE 020), SP 106 Public Speaking (SGE 020), or ENG102 Composition II (SGE 010)	3	020 or 010	<input type="checkbox"/>
BS 104	Human Anatomy	4	040	<input type="checkbox"/>
PE 150B	Personal Trainer Experience II	1	070	<input type="checkbox"/>
PE 224	Care and Prevention of Injuries	3	070	<input type="checkbox"/>
	PE Elective Course	3	070	<input type="checkbox"/>
PE 112	Personal & Community Health	3	070	<input type="checkbox"/>
<b>Total Credits</b>		<b>17</b>		

3 <sup>rd</sup> Sem	COURSE	CREDITS	SGE	COMPLETED
BS 105	Human Physiology	4	040	<input type="checkbox"/>
PSY101 or PSY205	General Psychology or Human Growth & Development	3	050	<input type="checkbox"/>
BS 112	Nutrition for Health, Fitness & Sport	5	070	<input type="checkbox"/>
PE 150C	Personal Trainer Field Experience III	1	070	<input type="checkbox"/>
PE 113	First Aid & Safety	3	070	<input type="checkbox"/>
<b>Total Credits</b>		<b>16</b>		



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<b>4<sup>th</sup> Sem</b>	<b>COURSE</b>	<b>CREDITS</b>	<b>SGE</b>	<b>COMPLETED</b>
PHI102 or PHI103	Intro to Ethics or Logic & Critical Thinking	3	060	<input type="checkbox"/>
PE 150C	Personal Trainer Field Experience IV	1	070	<input type="checkbox"/>
PE 210	Advance Concepts to Personal Training	5	070	<input type="checkbox"/>
PE 139A	Lifetime Fitness for PFT	3		<input type="checkbox"/>
PE 250	Exercise Physiology	3		<input type="checkbox"/>
<b>Total Credits</b>		<b>15</b>		