

Degree: Associate of Arts	Program Code: (074)
Major: Exercise Science and Personal Training	Minimum Ret/Grad GPA 2.00
Division: Health, Physical Education & Recreation	Minimum Total Hours 62-63

GENERAL EDUCATION REQUIREMENTS (39 HOURS)	MAJOR REQUIREMENTS (23 HOURS)
<p>English Composition - 6 hours <i>(Select Both)</i> ___ ENGL 1113 Freshman Composition I ___ ENGL 1213 Freshman Composition II</p> <p>U.S. History - 3 hours <i>(Select One)</i> ___ HIST 1483 Am His 1492-1865 or HIST 1493 Am His 1865-Pr</p> <p>U.S. Government - 3 hours <i>(Select One)</i> ___ POS 1113 American Federal Government</p> <p>Biological Science - 4 hours <i>(Select One)</i> ___ BIO 1114, BOT 1114, or ZOO 1114</p> <p>Physical Science - 5 hours <i>(Select One)</i> ___ GPS 1214, CHEM 1025, CHEM 1115, PHYS 1114, or PHYS 2014</p> <p>Orientation - 1 hour <i>(Select One)</i> ___ ORI 1111 Freshman Orientation</p> <p>Mathematics - 3 hours <i>(Select One)</i> ___ MATH 1413 Survey of Contemporary Mathematics¹</p> <p>Computer Proficiency – 3 hours <i>(Select One)</i> ___ CS 1103 Microcomputer Applications</p> <p>Humanities - 6 hours <i>(Select Two)</i> ___ HUM 2113 Gen Hum. I ___ HUM 2223 Gen Hum II ___ ART 1113 Art Appreciation ___ DRMA 1213 Intro Theatre ___ HIST 1113 Early West Civ ___ HIST 1123 Mod West Civ ___ MUS 1113 Music Apprec ___ PHIL 1113 Intro to Philosophy ___ PHIL 2123 Ethics ___ RLED 1113 Old Testament ___ RLED 1123 New Testament ___ RLED 2113 World Religions ___ Any Literature Course(s)</p> <p>Approved Electives -6 hours <i>(Select Two)</i> Select 2 course(s) from these course disciplines: ___ PSY 1113 Intro to Psychology ___ SPAN 1113 Conversational Spanish ² ___ PSY, HIST, POS, SOC, ECON, GEOG, SPAN, CHER, CHOC, ART, MUS DRMA, HUM, PHIL, RLED, SPCH, ENGL (literature)</p>	<p>MAJOR CORE COURSES 23 hours <i>(Select All)</i> ___ AHS 1203 Basic Nutrition ___ HPER 1113 Personal Health & Wellness Approved ___ HPER 2213 Standard First Aid & Personal Safety ___ PHTA 2363 Kinesiology ___ PHTA 2373 Therapeutic Exercise I ___ ZOO 2114 Human Physiology ³ ___ ZOO 2124 Human Anatomy</p>
Totals: ----- Credit Hours: 39	Totals: ----- Credit Hours: 23

Notation:

¹ MATH 1413 is Math Pathways requirement. However, student should consider math requirement of transfer institution.

² Recommended for Education majors.

³ Prerequisite is CHEM 1025 or CHEM 1115.

Students are required to complete the following General Education and Major Requirement courses. Students who complete an associate’s degree are prepared to make application to Nursing and PTA programs at CASC. Students should consult with their academic advisor and refer to the 4-semester-by-semester program planning guide to understand course sequencing.

Semester-by-Semester Degree Plan

Exercise Science and Personal Training, AS (0742)

Course Number – Course Description	Hours
Freshman Year 1 st Semester – Fall <input type="checkbox"/> ORI 1111 Freshman Orientation <input type="checkbox"/> ENGL 1113 Freshman Composition I <input type="checkbox"/> MATH 1413 Survey of Contemporary Mathematics <input type="checkbox"/> HPER 2213 Standard First Aid and Personal Safety <input type="checkbox"/> CS 1103 Microcomputer Applications <input type="checkbox"/> ZOO 1114 General Zoology <div style="text-align: right;">Total:</div>	 1 3 3 3 3 4 17
Freshman Year 2 nd Semester – Spring <input type="checkbox"/> ENGL 1213 Freshman Composition II <input type="checkbox"/> CHEM 1115 General Chemistry I or CHEM 1025 ¹ <input type="checkbox"/> ZOO 2124 Human Anatomy <input type="checkbox"/> HPER 1113 Personal Health & Wellness <div style="text-align: right;">Total:</div>	 3 5 4 3 15
Sophomore Year 1 st Semester – Fall <input type="checkbox"/> AHS 1203 Basic Nutrition <input type="checkbox"/> Humanities – (ART, ENGL, HUM, MUS, PHIL, OR RLED) <input type="checkbox"/> PHTA 2363 Kinesiology <input type="checkbox"/> PHTA 2373 Therapeutic Exercise I <input type="checkbox"/> Elective in General Education: PSY 1113 General Psychology (recommended) <div style="text-align: right;">Total:</div>	 3 3 3 3 3 15
Sophomore Year 2 nd Semester – Spring <input type="checkbox"/> HIST 1483 or 1493 American History <input type="checkbox"/> POS 1113 American Federal Government <input type="checkbox"/> Humanities – (ART, ENGL, HUM, MUS, PHIL, OR RLED) <input type="checkbox"/> ZOO 2114 Human Physiology <input type="checkbox"/> Elective in General Education: SPAN 1113 Conversational Spanish (recommended if education major) <div style="text-align: right;">Total:</div>	 3 3 3 4 3 13
<i>Graduation Requirements: Minimum 62-63 cr-hrs, 2.00 Ret/Grad GPA, 15 Resident cr-hrs</i>	Total Hours: 62-63

How to Use this “Semester-by-Semester Degree Plan”: Courses in this semester-by-semester breakdown are listed with several thoughts in mind. Prerequisites are listed first. Science, math, and major coursework are listed in order the course should be taken and in what term the course should be taken. Students should enroll into ORI 1111 and ENGL 1113, and any development courses in the first term. Courses listed in parenthesis are selections from which a student may choose. Enrollment into developmental courses will add to the total credit hour count, and may alter math and science enrollment rotations. -- While this is a guide to help the student with pre-enrollment, a study of the Course Schedule and a visit with an academic advisor is a must.

Estimated Program Cost: Students can complete this degree in four semesters (15-16 per semester).

The estimated cost of this program is approximated at: $62 \text{ credit-hours} \times \$136.50 \text{ per credit hour} = \$8,463.00$ (Please know that this cost does not include textbooks, supplies, developmental coursework, and other expenses, and is designed as an ESTIMATE only).

Actual program cost is based on Fall 2021 in-state tuition amounts and the final costs will vary from this estimate.