

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

GENERAL EDUCATION REQUIREMENTS (40 HOURS)	MAJOR REQUIREMENTS (23 HOURS)
<p>English Composition - 6 hours <i>(Select Both)</i> <input type="checkbox"/> ENGL 1113 Freshman Composition I <input type="checkbox"/> ENGL 1213 Freshman Composition II</p> <p>U.S. History - 3 hours <i>(Select One)</i> <input type="checkbox"/> HIST 1483 Am His 1492-1865 or HIST 1493 Am His 1865-Pr</p> <p>U.S. Government - 3 hours <i>(Select One)</i> <input type="checkbox"/> POS 1113 American Federal Government</p> <p>Biological Science - 4 hours <i>(Select One)</i> <input type="checkbox"/> BIO 1114, BOT 1114, or ZOO 1114</p> <p>Physical Science - 5 hours <i>(Select One)</i> <input type="checkbox"/> GPS 1214, CHEM 1025, CHEM 1115, PHYS 1114, or PHYS 2014</p> <p>Orientation - 1 hour <i>(Select One)</i> <input type="checkbox"/> ORI 1111 Freshman Orientation</p> <p>Mathematics - 3 hours <i>(Select One)</i> <input type="checkbox"/> MATH 1413 Survey of Contemporary Mathematics¹</p> <p>Humanities - 6 hours <i>(Select Two)</i> <input type="checkbox"/> HUM 2113 Gen Hum. I <input type="checkbox"/> HUM 2223 Gen Hum II <input type="checkbox"/> ART 1113 Art Appreciation <input type="checkbox"/> DRMA 1213 Intro Theatre <input type="checkbox"/> HIST 1113 Early West Civ <input type="checkbox"/> HIST 1123 Mod West Civ <input type="checkbox"/> MUS 1113 Music Apprec <input type="checkbox"/> PHIL 1113 Intro to Philosophy <input type="checkbox"/> PHIL 2123 Ethics <input type="checkbox"/> RLED 1113 Old Testament <input type="checkbox"/> RLED 1123 New Testament <input type="checkbox"/> RLED 2113 World Religions <input type="checkbox"/> Any Literature Course(s)</p> <p>Computer Proficiency – 3 hours <i>(Select One)</i> <input type="checkbox"/> CS 1103 Microcomputer Applications</p> <p>Approved Electives -6 hours <i>(Select Two)</i> Select 2 course(s) from these course disciplines: <input type="checkbox"/> PSY 1113 Intro to Psychology <input type="checkbox"/> SPAN 1113 Conversational Spanish ² <input type="checkbox"/> 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> <input type="checkbox"/> AHS 1203 Basic Nutrition <input type="checkbox"/> HPER 1113 Personal Health & Wellness Approved <input type="checkbox"/> HPER 2213 Standard First Aid & Personal Safety <input type="checkbox"/> PHTA 2363 Kinesiology <input type="checkbox"/> PHTA 2373 Therapeutic Exercise I <input type="checkbox"/> ZOO 2114 Human Physiology ³ <input type="checkbox"/> ZOO 2124 Human Anatomy</p>
Totals: ----- Credit Hours: 40	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 1115 (CHEM 1025 acceptable)

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 (074, ESPT.AA)

Course Number – Course Description	Hours
Freshman Year 1st 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>	 17
Freshman Year 2nd 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>	 15
Sophomore Year 1st 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>	 15
Sophomore Year 2nd 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>	 16
Graduation Requirements: Minimum 62-63 cr-hrs, 2.00 Ret/Grad GPA, 15 Resident cr-hrs	
Total Hours: 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 2022 in-state tuition amounts and the final costs will vary from this estimate.

