

First Semester		15 credits
ENGL 110	College Composition	3
HPER 100	Concepts of Fitness and Wellness	3
MATH 103	College Algebra	3
NUTR 240	Principles of Nutrition	3
Elective	Elective Course	3
Second Semester		13 credits
COMM 110	Fundamentals of Public Speaking	3
HPER 170	Introduction to Exercise Science	3
HPER 207	Prevention and Care of Injuries	3
HPER 210	First Aid	2
NUTR 260	Nutrition Promotion Strategies	2
Third Semester		16 credits
BIOL 220	Anatomy and Physiology I	4
FTT 220	Exercise Prescription	3
FTT 240	Techniques of Fitness Assessment	3
NUTR 270	Nutrition for the Fitness Specialist I	3
PSYC 111	Introduction to Psychology	3
Fourth Semester		16 credits
BIOL 221	Anatomy and Physiology II	4
FTT 297	Fitness Trainer Internship	1
HPER 218	Personal Trainer Preparation	3
HPER 225	Fitness Leadership	2
NUTR 271	Nutrition for the Fitness Specialist II	3
SOC 110	Introduction to Sociology	3

Minimum credits required for Fitness Trainer Technician A.A.S.: 60