

First Semester # _____				16 credits
Course	Course Name	Credit	Complete	Grade
CSCI 101	Introduction to Computers	3		
ENGL 110	College Composition I	3		
HPER 100	Concepts of Fitness and Wellness	3		
HPER 108	Beginning Fitness Conditioning	1		
MATH 103	College Algebra	3		
NUTR 240	Principles of Nutrition	3		
Second Semester # _____				13 credits
Course	Course Name	Credit	Complete	Grade
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
Course	Course Name	Credit	Complete	Grade
BIOL 220	Anatomy and Physiology I	4		
FTT 220	Exercise Prescription	3		
FTT 240	Techniques of Fitness Assessment	3		
NUTR 270	Nutrition for Fitness Specialist I	3		
PSYC 111	Introduction to Psychology	3		
Fourth Semester # _____				16 credits
Course	Course Name	Credit	Complete	Grade
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		

Credits required for FiTT AAS: 61 credits
Total Credits Completed _____