

**Graduation Plan**

<b>First Semester</b>			
	<b>Credit Hours</b>	<b>Prerequisites</b>	<b>Done</b>
*AHS 120 Responding to Emergencies	2		<input type="checkbox"/>
*BIO 210 Anatomy & Physiology I	4	ENG 032 or equivalent – Minimum grade of C	<input type="checkbox"/>
*SFT 109 Lifetime Fitness and Wellness	3		<input type="checkbox"/>
*SFT 110 Weight Training: Theory and Application	3		<input type="checkbox"/>
*SFT 112 Cardiovascular and Flexibility Training	2		<input type="checkbox"/>
*SFT 125 Personal Trainer Techniques	3		<input type="checkbox"/>
<b>TOTAL</b>	<b>17</b>		

**Second Semester**

	<b>Credit Hours</b>	<b>Prerequisites</b>	<b>Done</b>
*SFT 101 Introduction to Exercise Physiology	3	SFT 109, 110, 112, and 125 – Minimum grades of C	<input type="checkbox"/>
*SFT 105 Fitness Assessment and Exercise Program Design	3	SFT 109, 110, 112, and 125 – Minimum grades of C	<input type="checkbox"/>
*SFT 107 Nutrition for Fitness and Training	3	SFT 109, 110, 112, and 125 – Minimum grades of C	<input type="checkbox"/>
*SFT 201 Structural Kinesiology	3	SFT 109, 110, 112, and 125 – Minimum grades of C	<input type="checkbox"/>
*SFT 202 Internship for the Personal Trainer	3	SFT 109, 110, 112, and 125 and AHS 120 - Minimum grades of C Corequisites: SFT 101, 105, 107, and 201 – Minimum grades of C	<input type="checkbox"/>
<b>TOTAL</b>	<b>15</b>		

A **co-requisite** is a course that must be taken the same semester as another specified course.

A **prerequisite** is a course that must be completed in order to enter another specified course.

\*Courses in this program that require a minimum grade of "C."