

Completion Plan

First Semester			
	Credit Hours	Prerequisites	Recommended Terms
*AHS 120 Responding to Emergencies	2		1 st or 2 nd 8-weeks
*BIO 210 Anatomy & Physiology I	4	ENG 032 or equivalent – Minimum grade of C	16-weeks
*SFT 109 Lifetime Fitness and Wellness	3		Fall 1 st 8-weeks
* SFT 112 Cardiovascular and Flexibility Training	2		Fall 1 st 8-weeks
*SFT 110 Weight Training: Theory and Application	3		Fall 2 nd 8-weeks
*SFT 125 Personal Trainer Techniques	3		Fall 2 nd 8-weeks
TOTAL	17		
Second Semester			
	Credit Hours	Prerequisites	Recommended Terms
*SFT 101 Introduction to Exercise Physiology	3	SFT 109, 110, 112, and 125 – Minimum grades of C	Spring 1 st 8-weeks
*SFT 105 Fitness Assessment and Exercise Program Design	3	SFT 109, 110, 112, and 125 – Minimum grades of C	Spring 1 st 8-weeks
*SFT 107 Nutrition for Fitness and Training	3	SFT 109, 110, 112, and 125 – Minimum grades of C	Spring 2 nd 8-weeks
*SFT 201 Structural Kinesiology	3	SFT 109, 110, 112, and 125 – Minimum grades of C	Spring 2 nd 8-weeks
*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	Spring 16-weeks
TOTAL	15		

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.”