

**Associate in Applied Science  
General Technology  
Personal Trainer (AAS.GT.GTPT 35318)**

**Total Credit Hours: 61  
Effective: Fall 2021**

**Completion Plan**

<b>First Semester</b>			
	<b>Credit Hours</b>	<b>Prerequisites</b>	<b>Recommended Terms</b>
*AHS 120 Responding to Emergencies	2		8 weeks
*BIO 210 Anatomy & Physiology I	4	ENG 032 or equivalent – Minimum grade of C	16 weeks
*COL 101 College Orientation	1		1 <sup>st</sup> 8 weeks
*SFT 109 Lifetime Fitness and Wellness	3		1 <sup>st</sup> 8 weeks - Fall
*SFT 110 Weight Training: Theory and Application	3		2 <sup>nd</sup> 8 weeks – Fall
*SFT 112 Cardiovascular and Flexibility Training	2		1 <sup>st</sup> 8 weeks – Fall
*SFT 125 Personal Trainer Techniques	3		2 <sup>nd</sup> 8 weeks – Fall
<b>TOTAL</b>	<b>18</b>		
<b>Second Semester</b>			
	<b>Credit Hours</b>	<b>Prerequisites</b>	<b>Recommended Terms</b>
*SFT 101 Introduction to Exercise Physiology	3	SFT 109, 110, 112, and 125 – Minimum grades of C	1 <sup>st</sup> 8 weeks – SP
*SFT 105 Fitness Assessment and Exercise Program Design	3	SFT 109, 110, 112, and 125 – Minimum grades of C	1 <sup>st</sup> 8 weeks – SP
*SFT 107 Nutrition for Fitness and Training	3	SFT 109, 110, 112, and 125 – Minimum grades of C	2 <sup>nd</sup> 8 weeks - SP
*SFT 201 Structural Kinesiology	3	SFT 109, 110, 112, and 125 – Minimum grades of C	2 <sup>nd</sup> 8 weeks - SP
*SFT 202 Internship for the Personal Trainer	3	SFT 109, 110, 112, and 125 and AHS 120 - Minimum grades of C Co-requisites: SFT 101, 105, 107, and 201 – Minimum grades of C	16 weeks - SP
<b>TOTAL</b>	<b>15</b>		
<b>Third Semester</b>			
	<b>Credit Hours</b>	<b>Prerequisites</b>	<b>Recommended Terms</b>
*AHS 102 Medical Terminology	3	Co-requisite ENG 101 or ENG 155 or equivalent	8 weeks
*AHS 116 Patient Care Relations	3		8 weeks
*BIO 211 Anatomy and Physiology II	4	BIO 210 – Minimum grade of C	16 weeks
*ENG 101 English Composition I	3	Co-requisite ENG 032– Minimum grade of C or equivalent	8 weeks
*MAT 110 College Algebra	3	MAT 105 or equivalent – Minimum grade of C	16 weeks
<b>TOTAL</b>	<b>16</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.”

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**Fourth Semester**

	<b>Credit Hours</b>	<b>Prerequisites</b>	<b>Recommended Terms</b>
*AHS 108 Nutrition	3	RDG 101 or equivalent and ENG 101 or equivalent	Summer
*AHS 135 Principles of Teaching Used in Health Care Settings	3		Summer
*HIS 102 Western Civilization Post 1689	3	Co-requisite ENG 032 or equivalent	8 weeks
*PSY 201 General Psychology	3	Co-requisite ENG 032 or equivalent	8 weeks
<b>TOTAL</b>	12		

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."