

This degree program is designed to provide a comprehensive understanding of movement, exercise, nutrition and health. The student will learn how to conduct fitness and health assessments, develop exercise prescriptions and evaluate nutritional needs. Practical hands-on experience in our on-site fitness center provides students with the skills and confidence they need in working with a diverse population. Students are eligible to take the National Certifications at the completion of the program. For additional information contact the Department Chair: Ms. Sophie Mabry at 303-797-5856 or email her at sophi.mabry@arapahoe.edu.

These classes will transfer to Metropolitan State College of Denver toward a Bachelor of Science degree in Human Performance and Sport. Specific course sequences and prerequisites apply. Students must pass their classes with a "C" or better.

Students must score an 80 on Reading, 95 on sentence skills and an 85 on the math portion of the CPT.

Major Courses –39 credit hours

	HWE 124 Fitness and Wellness	2
	HWE 136 Advanced Weight Training	2
	PER 232 Care and Prevention of Athletic Injuries	3
	HUP 245 Physiology of Exercise	3
	PER 275 Special Topics: Internship	3
	HWE 237 Exercise, Nutrition and Body Composition	3
	HUP 248 Guidelines for Exercise Testing and Prescription	3
	PED 100-275 Pick any 4 activity courses (one aquatic)	4
	HWE 100 Human Nutrition	3
	HWE 122 Responding to Emergencies	2
	BIO 201 Human Anatomy and Physiology I	4
	BIO 202 Human Anatomy and Physiology II	4
	PTA 176 Special Topics: Anatomical Kinesiology	4

General Education Courses – 18 credit hours

	SPE 115 Public Speaking	3
	ENG 121 English Composition I	3
	MAT 121 College Algebra	4
	BIO 111 General College Biology with lab	5
	PSY 101 General Psychology I	3
	Restricted Electives *	
	PER 113 Introduction to Physical Education and Sports	2
	PER 151 Lifeguard Training	2
	Student choice	2

*For other general education classes see your advisor or the department chair for approval

_____ Total Required – 63 credits

IMPORTANT TELEPHONE NUMBERS:

STUDENT SERVICES

Admission and Records	M2470	303.797.5621
<ul style="list-style-type: none"> • Graduation coordination • Residency petitions • General information 		
Advising and Counseling Center	M 2010	303.797.5664
<ul style="list-style-type: none"> • Educational planning • Transfer advising • Academic success counseling 		
Bookstore	M1200	303.797.5676
<ul style="list-style-type: none"> • Order books online at www.efollett.com 		
Campus Police	M2600	303.797.5800
<ul style="list-style-type: none"> • Student ID cards, parking permits, locker rental • Crime reporting, escort to your car after hours • First aid • Lost and found 		
Career Center	M2025	303.797.5805
<ul style="list-style-type: none"> • Career planning seminars • Career resource library • Employment services • Job fairs 		
Cashier	M2300	303-797-5638
<ul style="list-style-type: none"> • Tuition payment, payment plans, refunds, general financial information • Ticket sales 		
Child Development Center	N1000	303.797.5678
<ul style="list-style-type: none"> • High quality, flexible, convenient, moderately-priced childcare services for ACC students, staff and faculty on a space-available basis 		
Disability Services	M2710	303.797.5937 v/tty
<ul style="list-style-type: none"> • Academic accommodations and specialized consultation for students with documented disabilities. Computer adaptations for students with vision, learning, orthopedic, or other disabilities. 		
Financial Aid	M2115	303.797.5661
<ul style="list-style-type: none"> • Apply online at www.FAFSA.ed.gov 		
Information Central	M2800	303-797-4222
<ul style="list-style-type: none"> • Registration, Add/Drop, Withdrawal, Schedules and general information • Name/address/personal information changes etc. 		
Library (Weber Center for Learning Resources)	M2500	303.797.5090
<ul style="list-style-type: none"> • Private study rooms 		
Math Lab	M3610	303.797.5877
<ul style="list-style-type: none"> • Students must register for MAT 101 Enhanced Mathematics Lab 		
Open Computer Lab	M1650	303.797.5907
<ul style="list-style-type: none"> • FREE computer access for registered students with an ACC Student ID 		
Student Affairs	M2820	303.797.5668
<ul style="list-style-type: none"> • Student Senate • Student Newspaper • Student Clubs and Programming • Student Grievances and Discipline 		
Testing Center	M2280	303.797.5993
<ul style="list-style-type: none"> • Computerized Placement Test (CPT) • GED testing, Instructor testing, CLEP/correspondence testing 		
Tutorial Services	M2710	303.797.5937 v/tty
<ul style="list-style-type: none"> • FREE workshops and academic tutors to supplement and enrich course requirements for those that qualify 		
Writing Center	M2855	303.797.5830
Location Abbreviations:		
<ul style="list-style-type: none"> • A – Annex. • AD – Art and Design Center • CSB – Church Street Building • DTC – Triad N Bldg Suite 111 (5660 Greenwood Plaza Blvd, Greenwood Village) • M – Main Building • N – North Building • UCC – University Center at Chaparral (15653 Brookstone Dr, Parker) 		

ASSESSMENT REQUIREMENTS:

Basic Skills courses may be required based on assessment scores. It is the student's responsibility to take these course requirements within the first 30 credits at ACC. Basic Skills courses are also available at other area community colleges.

Tested Out/ Completed	Semester	ACT/ SAT Last 2 yrs	Accuplacer	Course	Credits
Sentence Skills					
			25-49	See Developmental Studies Advisor	
			50-69	ENG060	3
			70-94	ENG090	3
		18/440	95-120	ENG 121	3
Reading					
			25-39	See Developmental Studies Advisor	
			40-61	REA060	3
			62-79	REA090	3
		17/430	80-120	REA 112	3
Mathematics					
			Arithmetic 24-56	MAT030	2
			Arithmetic 57-120	MAT060	3
			Elem. Alg. 45-60	MAT090	4
			Elem. Alg. 61-84	MAT106/111	5
		19/460	85-120	MAT 120,121,123,135/179	4
Study Skills/Orientation					
			Academic Achievement Strategies	AAA090	3
			College Orientation	AAA103	1
			Advanced Academic Achievement	AAA 109	3

EXEMPTIONS TO TESTING:

1. Have successfully completed a college-level mathematics and college-level english course with a grade of C or better. You must provide a transcript.
2. Have achieved the minimum ACT/SAT scores shown above within the last 2 years and provide documentation.
3. Have successfully completed necessary remedial course(s), if required with a "C" or better.
4. Have earned an Associate's degree or higher. You must provide documentation.
5. Some degree programs do not allow a waiver for the CPT.

IMPORTANT TRANSFER INFORMATION:

1. It is important that you consult an advisor and the transfer institution when choosing courses, as certain majors have particular degree prerequisites and general education course requirements that need to be taken within the Associate degree program.
2. Students who complete a 60 credit hour A.A./A.S. degree with appropriate course requirements and grades of C or better may be able to complete a Baccalaureate degree in 60 additional credits after transferring to a 4-year public institution.
3. Consult your ACC Advisor about Colorado's 60 + 60 plans.

SUGGESTIONS FOR SUCCESS

1. Take your CPT or be exempted (see above) before meeting with an academic advisor.
2. Take English, Speech and Math classes early in your program.
3. See your advisor about balancing your workload with credit load.
4. If you want to graduate in two years, take a minimum of fifteen college-level credits per fall/spring semester or twelve credits Fall/Spring and six credits Summer.
5. Transfer and financial aid students should consult an advisor before registering.

ADDITIONAL CLASS FORMATS

Many of the classes in this degree can be taken as **flex**, **online** or **hybrid** courses. Symbols in the semester schedule indicate which classes are offered in these formats.

You must apply for graduation at www.arapahoe.edu (Student Support Services) or at Information Central by: **April 1 (summer graduation), July 1 (fall graduation) and November 1 (spring graduation).**

For more information log on to www.arapahoe.edu.