

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 Certification 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](mailto: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.

ASSOCIATE OF APPLIED SCIENCE, HUMAN PERFORMANCE 2007-2008

**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
	HWE 245 Physiology of Exercise	3
	PER 275 Special Topics: Internship	3
	HWE 237 Exercise, Nutrition and Body Composition	3
	PED 100-275 Pick any 4 activity courses <b>(one aquatic)</b>	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
	<b>Restricted Electives *</b>	
	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**

Please see Mary Peoples, Paralegal Program Coordinator, with any questions concerning this program; 303.797.5878 or [Mary.Peoples@arapahoe.edu](mailto:Mary.Peoples@arapahoe.edu) .

Students should take PAR 115 and PAR 213 in their first semester of study. Students should have CPT sentence skill scores of 95+ and CPT reading scores of 80+ to successfully complete PAR 213.

- All major, general education courses and other courses required for this degree must be completed with a grade of "C" or better.
- To graduate students must complete an exit interview and apply for graduation.
- Paralegal courses must be taken within six years of a student's graduation.

### 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
<b>Sentence Skills</b>					
			25-49	See Developmental Studies Advisor	
			50-69	ENG060	3
			70-94	ENG090	3
		18/440	95-120	ENG 121	3
<b>Reading</b>					
			25-39	See Developmental Studies Advisor	
			40-61	REA060	3
			62-79	REA090	3
		17/430	80-120	REA 112	3
<b>Mathematics</b>					
		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
<b>Study Skills/Orientation</b>					
	Academic Achievement Strategies			AAA090	3
	College Orientation			AAA101	1
	Advanced Academic Achievement			AAA 109	3

### EXEMPTIONS TO ASSESSMENT 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 TELEPHONE NUMBERS:

Admission and Records	<a href="mailto:admissions@arapahoe.edu">admissions@arapahoe.edu</a>	M2470	303.797.5621
Advising and Counseling Center	<a href="mailto:advising@arapahoe.edu">advising@arapahoe.edu</a>	M 2010	303.797.5664
Bookstore	<a href="mailto:0249mgr@fhcg.follett.com">0249mgr@fhcg.follett.com</a>	M1200	303.797.5676
Campus Police	<a href="mailto:campuspolice@arapahoe.edu">campuspolice@arapahoe.edu</a>	M2600	303.797.5800
Career Center	<a href="mailto:careers@arapahoe.edu">careers@arapahoe.edu</a>	M2025	303.797.5805
Cashier		M2300	303-797-5638
Child Development Center		N1000	303.797.5678
Disability Services	<a href="mailto:heather.lawler@arapahoe.edu">heather.lawler@arapahoe.edu</a>	M2710	303.797.5937 v/tty
Financial Aid		M2115	303.797.5661
	• Apply online at <a href="http://www.FAFSA.ed.gov">www.FAFSA.ed.gov</a>		
Information Central	<a href="mailto:info-central@arapahoe.edu">info-central@arapahoe.edu</a>	M2800	303-797-4222
Library	<a href="mailto:library@arapahoe.edu">library@arapahoe.edu</a>	M2500	303.797.5090
Math Lab	<a href="mailto:math@arapahoe.edu">math@arapahoe.edu</a>	M3610	303.797.5877
	• Students must register for MAT 101 Enhanced Mathematics Lab		
Open Computer Lab		M1650	303.797.5907
Student Affairs	<a href="mailto:heather.lawler@arapahoe.edu">heather.lawler@arapahoe.edu</a>	M2820	303.797.5668
Testing Center		M2280	303.797.5993
Tutorial Services	<a href="mailto:debra.goldberg@arapahoe.edu">debra.goldberg@arapahoe.edu</a>	M2710	303.797.5937 v/tty
Writing Center		M2855	303.797.5830

### Location Abbreviations:

<b>A</b> – Annex	<b>AD</b> – Art and Design Center
<b>CSB</b> – Church Street Building	<b>M</b> – Main Building
<b>UCC</b> – University Center @ Chaparral (15653 Brookstone Dr, Parker)	<b>N</b> – North Building

### 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.
4. ACC has articulation agreements with several four-year institutions; visit the ACC Transfer Center of the website ([www.arapahoe.edu](http://www.arapahoe.edu)) for more information.

### SUGGESTIONS FOR SUCCESS

1. Obtain and read a copy of the ACC catalog.
2. Attend a New Student Orientation session.
3. Maintain current contact information on file and read all correspondence from ACC.
4. Take your CPT or be exempted (see above) before meeting with an academic advisor.
5. Take English, Speech and Math classes early in your program.
6. See your advisor about balancing your workload with credit load.
7. 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.
8. Transfer and financial aid students should consult an advisor before registering.

### GRADUATION INFORMATION

1. No catalog more than six years old may be used for graduation requirements; the 2007/2008 catalog may not be used beyond the Spring 2013 semester.
2. **You must apply for graduation; obtain the application online at [www.arapahoe.edu](http://www.arapahoe.edu) (Student Services) and apply by: April 1 (summer graduation), July 1 (fall graduation) and November 1 (spring graduation).**

For more information log on to [www.arapahoe.edu](http://www.arapahoe.edu).

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