

Arapahoe Community College

Human Performance

Associate of Applied Science Degree or Physical Fitness Specialist Certificate

2002-2003 Catalog

This program transfers to Metropolitan State College of Denver toward a Bachelor of Science Degree in Human Performance and Sport. Specific course sequences and prerequisites apply.

Major Courses (38 Credit Hours)	General Education Courses (17 Credit Hours)
<input type="checkbox"/> HUP 242 Principles & Techniques for Physical Fitness 2	<input type="checkbox"/> SPE 115 Principles of Speech Communication 3
<input type="checkbox"/> HUP 243 Fundamentals Of Weight Training & Exercise Aerobics 2	<input type="checkbox"/> ENG 121 English Composition I 3
<input type="checkbox"/> HUP 244 Care and Prevention of Athletic Injuries 3	<input type="checkbox"/> MAT 160 College Algebra 4
<input type="checkbox"/> HUP 245 Physiology of Exercise 3	<input type="checkbox"/> BIO 111 General College Biology 5
<input type="checkbox"/> HUP 246 Internship for Human Performance 3	<input type="checkbox"/> PSY 101 General Psychology I 3
<input type="checkbox"/> PED (100-250) Pick any 5 activity-based courses 5	General Electives
<input type="checkbox"/> PED 105 Focus on Wellness 2	
<input type="checkbox"/> ALH 106 General Nutrition 2	<input type="checkbox"/> _____ 3
<input type="checkbox"/> PHR 160 Standard First Aid 2	<input type="checkbox"/> _____ 3
<input type="checkbox"/> BIO 201 Human Anatomy & Physiology I (includes lab) 4	Students must select 6 credits from the A.A.S. list of approved electives. Consult program advisor /director for a complete list and approval.
<input type="checkbox"/> BIO 202 Human Anatomy & Physiology II (includes lab) 4	
<input type="checkbox"/> BIO 245 Kinesiology (plus lab) 4	
<input type="checkbox"/> PED 101 Fitness Concepts & Evaluation 2	

Physical Fitness Specialist Certificate:

(25 Credit Hours)

<input type="checkbox"/> BIO 201 Human Anatomy & Physiology I (includes lab)	4
<input type="checkbox"/> HUP 242 Principles & Techniques for Physical Fitness	2
<input type="checkbox"/> HUP 243 Fundamentals Of Weight Training & Exercise Aerobics	2
<input type="checkbox"/> ALH 106 General Nutrition	2
<input type="checkbox"/> PHR 160 Standard First Aid/CPR	2
<input type="checkbox"/> HUP 244 Care and Prevention of Athletic Injuries	3
<input type="checkbox"/> HUP 245 Physiology of Exercise	3
<input type="checkbox"/> BIO 245 Kinesiology	4
<input type="checkbox"/> HUP 246 Internship for Human Performance	3

For more information about Arapahoe Community College A.A.S. Human Performance Degree and Physical Fitness Specialist Certificate please visit our website at www.arapahoe.edu and click on Department and Programs then Human Performance or e-mail

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