

# Arapahoe Community College

## Human Performance

### Associate of Applied Science Degree Physical Fitness Specialist Certificate

## 2004-2005 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 (24 Credit Hours)
<input type="checkbox"/> <b>HWE 124</b> Fitness & Wellness 2	<input type="checkbox"/> <b>SPE 115</b> Public Speaking 3
<input type="checkbox"/> <b>PED 136</b> Advanced Weight Training* 2	<input type="checkbox"/> <b>ENG 121</b> English Composition I** 3
<input type="checkbox"/> <b>PER 232</b> Care and Prevention of Athletic Injuries 3	<input type="checkbox"/> <b>MAT 121</b> College Algebra** 4
<input type="checkbox"/> <b>HUP 245</b> Physiology of Exercise* 3	<input type="checkbox"/> <b>BIO 111</b> General College Biology 5
<input type="checkbox"/> <b>PER 275</b> (Special Topics) Internship* 3	<input type="checkbox"/> <b>PSY 101</b> General Psychology I 3
<input type="checkbox"/> <b>HWE 237</b> Exercise, Nutrition and Body Composition 3	<b>General Electives</b> <input type="checkbox"/> _____ 3 <input type="checkbox"/> _____ 3 <p>Students must select 6 credits from the A.A.S. list of approved electives. Consult program advisor or program director for a complete list.</p> <p><b>* Pre-requisite required, see catalog</b>  <b>**Students must score a 80 on the reading CPT, 95 on the sentence skills CPT, 85 on the mathematical CPT.</b>  <b>*** includes one aquatic class</b></p>
<input type="checkbox"/> <b>HUP 248</b> Guidelines for Exercise Testing & Prescription 2	
<input type="checkbox"/> <b>PED (100-275)</b> Pick any 4 Activity based courses (one aquatic class) *** 4	
<input type="checkbox"/> <b>HWE 100</b> Human Nutrition 3	
<input type="checkbox"/> <b>HWE 103</b> Community First Aid and CPR 1	
<input type="checkbox"/> <b>BIO 201</b> Human Anatomy & Physiology I (includes lab) * 4	
<input type="checkbox"/> <b>BIO 202</b> Human Anatomy & Physiology II (includes lab) * 4	
<input type="checkbox"/> <b>PTA 176</b> (Special Topics) Anatomical Kinesiology * 4	

## **Physical Fitness Specialist Certificate:**

(34 Credit Hours)

<input type="checkbox"/> <b>BIO 201</b> Human Anatomy & Physiology I (includes lab) *	4
<input type="checkbox"/> <b>BIO 202</b> Human Anatomy & Physiology II (includes lab) *	4
<input type="checkbox"/> <b>PED 136</b> Advanced Weight Training*	2
<input type="checkbox"/> <b>HWE 124</b> Fitness & Wellness	2
<input type="checkbox"/> <b>HWE 100</b> Human Nutrition	3
<input type="checkbox"/> <b>HWE 237</b> Exercise, Nutrition and Body Composition	3
<input type="checkbox"/> <b>HUP 245</b> Physiology of Exercise*	3
<input type="checkbox"/> <b>HUP 248</b> Guidelines for Exercise Testing & Prescription	2
<input type="checkbox"/> <b>HWE 103</b> Community First Aid and CPR	1
<input type="checkbox"/> <b>PTA 176</b> Special Topics: Anatomical Kinesiology*	4
<input type="checkbox"/> <b>PER 232</b> Care and Prevention of Athletic Injuries	3
<input type="checkbox"/> <b>PER 275</b> (Special Topics) Internship*	3

For more information about Arapahoe  
Community College A.A.S. Human Performance  
Degree and Certificates in Physical Fitness  
Specialist please visit our website at  
[www.arapahoe.edu](http://www.arapahoe.edu) and click on Department  
and Programs and then Human Performance or  
e-mail [sophie.mabry@arapahoe.edu](mailto:sophie.mabry@arapahoe.edu)

303-797-5856

Human Performance / Physical Education and  
the Fitness Center/Swimming Pool Facility  
Division Office  
303-797-5991  
[www.arapahoe.edu](http://www.arapahoe.edu)