

Arapahoe Community College

Human Performance

Associate of Applied Science Degree Physical Fitness Specialist Certificate

2006-2007 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 (39 Credit Hours)	General Education Courses (18 Credit Hours)
<input type="checkbox"/> HWE 124 Fitness & Wellness 2	<input type="checkbox"/> SPE 115 Public Speaking 3
<input type="checkbox"/> HWE 136 Advanced Weight Training* 2	<input type="checkbox"/> ENG 121 English Composition I** 3
<input type="checkbox"/> PER 232 Care and Prevention of Athletic Injuries 3	<input type="checkbox"/> MAT 121 College Algebra** 4
<input type="checkbox"/> HWE 245 Physiology of Exercise* 3	<input type="checkbox"/> BIO 111 General College Biology 5
<input type="checkbox"/> PER 275 (Special Topics) Internship* 3	<input type="checkbox"/> PSY 101 General Psychology I 3
<input type="checkbox"/> HWE 237 Exercise, Nutrition and Body Composition 3	Restricted/ General Electives (6 Credit Hours) <input type="checkbox"/> PER 113 Intro. P/E & Sports 2 <input type="checkbox"/> PER 151 Lifeguard Training 2 <input type="checkbox"/> _____ 2-3 <input type="checkbox"/> _____ 2-3 Students must select at least two of the six credits from the list of restricted electives. The remaining credits need to come from the approved A.A.S. list of general electives. Consult program advisor or program director for the complete listings.
<input type="checkbox"/> HWE 248 Guidelines for Exercise Testing & Prescription 2	
<input type="checkbox"/> PED (100-275) Pick any 4 activity based courses (includes one aquatic class) *** 4	
<input type="checkbox"/> HWE 100 Human Nutrition 3	
<input type="checkbox"/> HWE 122 Responding to Emergencies 2	
<input type="checkbox"/> BIO 201 Human Anatomy & Physiology I (includes lab)* 4	
<input type="checkbox"/> BIO 202 Human Anatomy & Physiology II (includes lab) * 4	
<input type="checkbox"/> PTA 176 (Special Topics) Anatomical Kinesiology * 4	* Pre-requisite required, see catalog ** Students must score a 80 on the reading CPT, 95 on the sentence skills CPT, 85 on the mathematical CPT. *** includes one aquatic class

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**Physical Fitness Specialist
Certificate:**

(26 - 28 Credit Hours)

<input type="checkbox"/> BIO 201 Human Anatomy & Physiology I (includes lab)*	4
<input type="checkbox"/> BIO 202 Human Anatomy & Physiology II (includes lab) *	4
<input type="checkbox"/> HWE 124 Fitness & Wellness	2
<input type="checkbox"/> HWE 245 Physiology of Exercise*	3
<input type="checkbox"/> HWE 248 Guidelines for Exercise Testing & Prescription	2
<input type="checkbox"/> HWE 122 Responding to Emergencies	2
<input type="checkbox"/> HWE 136 Advanced Weight Training*	2
PER 232 Care and Prevention of Athletic Injuries	3
<input type="checkbox"/> HWE 237 Exercise, Nutrition and Body Composition	3
<input type="checkbox"/> PER 275 (Special Topics) Internship*	1-3

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 and click on Department
and Programs and then Human Performance or
e-mail sophie.mabry@arapahoe.edu
303-797-5856

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Human Performance / Physical Education and
 the Fitness Center/Swimming Pool Facility
 Division Office
 303-797-5991
www.arapahoe.edu