

ACC DEGREE TRACKING WORKSHEET

NAME _____ SSN _____

Personal Fitness Trainer Associate of Applied Science Degree 2008-2009 Catalog

The PFT Associate of Applied Science curriculum is a sixty-hour degree program that is designed to integrate the educational and practical training skills needed to be an exercise professional as well as cater to the individual who may have plans to continue his/her education at a four-year institution. Please contact 223-6040 or visit www.austincc.edu/health/fit for more information.

NOTE: Student must hold current CPR certification in order to be awarded PFT Associate of Applied Science Degree.

Program changes may not be reflected in the current ACC Catalog publication. Please access the most up-to-date information on the Program's Web Page through a link at www.austincc.edu/health/ or by contacting the Health Sciences Admissions Office, Eastview Campus, Room 8356.

Program Course #	Course Title	Sem Hrs.	Sem Taken	Grade	College (If not ACC)
BIOL 2101+	Human Anatomy Lab	1			
BIOL 2304+	Human Anatomy Lecture	3			
FITT 1401	Fitness and Exercise Testing	4			
	Oral Communication ¹	3			
KINE 1201	Directed Physical Fitness Concepts	2			
	Restricted Elective ²	1			
BIOL 2305+	Human Physiology Lecture	3			
BIOL 2102+	Human Physiology Lab	1			
ENGL 1301	English Composition I	3			
FITT 2313+	Exercise Science	3			
	Mathematics ¹	3			
	Restricted Elective ²	1			
FITT 2301	Lifestyle Change for Wellness	3			
FITT 2333	Fitness Industry Operations and Technology	3			
	Social and Behavioral Science ¹	3			
KINE 1306	First Aid and Safety	3			
BIOL 1323+	Human Nutrition	OR			
BIOL 1322	Contemporary Issues in Nutrition				
	Restricted Elective ²	1			
COSC 1301	Personal Computing	OR			
COSC 1300	Introduction to Computing				
FITT 1343+	Performance Enhancement for Athletics	3			
FITT 2409+	Theory of Exercise Program Design and Instruction	4			
	Humanities/Fine Arts ¹	3			
	Restricted Elective ²	1			
FITT 2264+#	Practicum (or Field Experience) - Health and Physical Education, General	2			

¹ Select from the appropriate section of the General Education Course List.

² Students must take KINE 1108, KINE 1145, and two additional KINE activity courses.

+ Prerequisites: See Course Descriptions.

Capstone course