

ASSOCIATE IN APPLIED SCIENCE (AAS)
CGCC ADVISEMENT CHECKSHEET

NAME:	CREDITS REQUIRED: 66-69	MAJOR: Strength, Nutrition, and Personal Training (3059)
STUDENT ID:	PROGRAM G.P.A.: 2.0	REQUIREMENT TERM: 2009-2010

The Strength, Nutrition, and Personal Training Associate in Applied Science (AAS) prepares students with the knowledge and experience required to be eligible for the American College of Sports Medicine (ACSM) Health and Fitness Instructor Certification, ACSM personal trainer certification, the National Strength and Conditioning Association (NSCA) personal trainer certification, and the American Council on Exercise (ACE) personal trainer certification. This degree will provide students with a stronger educational background making them more marketable in the field of fitness and nutrition. This degree will also meet the needs of individuals with existing degrees in such fields as Exercise Physiology, Nutrition, Athletic Training and other health related disciplines. Registered dietitians, clinical exercise physiologists, personal trainers, exercise specialists, strength and conditioning specialists, coaches, athletes and others interested in acquiring knowledge in exercise, nutrition and health are also eligible for this program.

I. GENERAL STUDIES CORE (15 CREDITS)			
	CRS	GRD	SEM
First-Year Composition			
ENG101* or 107*	3		
ENG102* or 108*	3		
Oral Communication			
COM100 or 110	3		
Critical Reading			
CRE101* OR Test Exempt	0-3		
Mathematics			
MAT 120/121/122*	3-5		

II. GENERAL STUDIES DISTRIBUTION (10 CREDITS)			
	CRS	GRD	SEM
Humanities & Fine Arts			
	3		
Social & Behavioral Science			
CFS205 or HES100	3		
Natural Science			
BIO160	4		
Comments:			

III. REQUIRED COURSES (41-42 CREDITS)			
	CRS	GRD	SEM
EXS112	3		
EXS125	3		
EXS139* OR EXS139AA* & EXS139AB* OR EXS285*	3		
EXS145	3		
FON100	3		
FON210*	3		
FON230*	3		
FON247*	3		
MGT253	3		
HES154 OR BLS Health Care Provider and First Aid Certification	3		
PSY101	3		
PSY215*	3		

Choose one of the following series for 5-6 credits:			
	CRS	GRD	SEM
Series 1: Credits: 6			
EXS212CR	2		
EXS212FL	2		
EXS212SC	2		
Series 2: Credits: 5			
EXS130	3		
EXS132 OR EXS212CR	2		
Series 3: Credits: 5			
EXS132 OR EXS212CR	2		
EXS275*	3		

* Indicates course contains prerequisite and/or co-requisite.

NOTE: Students must earn a grade of "C" or better in all courses within the program.

Maricopa Community Colleges (MCCCD)
2009-2010 Associate in Applied Science General Education Requirements

GENERAL EDUCATION CORE

(15 credits - grade of "C" or better.)
 Demonstrate college-level skills in the following areas:

First-Year Composition (6 credits)

ENG English [101/107] & [102/108/111]

Oral Communication (3 credits)

COM Communication 100/100AA & 100AB
 & 100AC/110/110AA & 110AB &
 110AC/225/230

Critical Reading (3 credits)

CRE Critical Reading 101/111/Equivalent as
 indicated by assessment

Mathematics (3 credits)

MAT Mathematics 102/120/121/122/
 122AA/122AB/122AC/126/140/141/142/150/
 151/151AA/151AB/151AC/151AD/152/
 156//172/182/187/206/212/213/220/
 221/230/231/240/241/251/261/262/
 equivalent course/
 Satisfactory completion of a higher level
 mathematics course

GENERAL EDUCATION DISTRIBUTION AREAS

(9-10 credits)

Humanities and Fine Arts (2-3 credits)

Students are encouraged to choose courses from
 more than one discipline.

AIS American Indian Studies 213
 AJS Administration of Justice Studies 123
 ARH Art Humanities Any ARH Course(s)
 ASB Anthropology 211/220/222/223
 CCS Chicana and Chicano Studies 101
 CNS Construction 101
 COM Communication 241
 DAH Dance Humanities 100/201
 EDU Education 291**/292/294
 ENG English 200/218
 ENH English Humanities Any ENH Course(s)
 FRE French 265
 HCR Health Care Related 210
 HIS History 101/102/103/111/243/253/254
 HUM Humanities Any HUM course(s) (EXCEPT 203, 207)
 INT Interior Design 115/120/225
 LAT Latin 201/202
 MHL Music: History/Literature 140/143/145/146/153/155
 PHI Philosophy Any PHI Course(s) (EXCEPT 113)
 REL Religious Studies Any REL Course(s) (EXCEPT 271)
 SPA Spanish 241/242/265/266
 SPH Spanish Humanities 245
 STO Storytelling 292/294
 THE Theater 111/205/206/210
 THP Theater/Performance/Production 241
 WST Women's Studies 209/284/285/290

Social and Behavioral Sciences (3 credits)

Students are encouraged to choose courses from more than one
 discipline.

AIS American Indian Studies 101/140/141/160/170
 AFR African American Studies 202/203/204
 AJS Administration of Justice Studies 101/162/200/
 225/258/259/270
 ASB Anthropology 102/202/211/214/222/223/230/
 235/238/245/252
 ASM Anthropology 104/275
 CFS Child/Family Studies 157/159/176/205/259
 COM Communications 100/100AA&100AB&100AC/
 110/110AA&110AB & 110AC/230//263
 ECH Early Childhood Education 176
 ECN Economics Any ECN course(s)
 EDU Education 221/222
 EMT Emergency Medical Technology 258
 FOR Forensic Science 275
 FSC Fire Science 258
 FUS Future Studies 101
 GCU Cultural Geography 102/121/122/141/221/
 223/253
 HES Health Science 100
 HIS History Any HIS course(s) (EXCEPT 108, 111, 113, 114)
 IBS International Business 109
 MCO Mass Communications 120
 PHI Philosophy 243
 POS Political Science Any POS course(s)
 PSY Psychology 101/123/125/132/156/215/218/
 225/235/240/241/243/245/250/258/260/266/
 270/277/280/292
 REC Recreation 120
 SBU Society and Business 200
 SOC Sociology Any SOC course(s) (EXCEPT 242)
 SWU Social Work 102/171/258/292
 WED Wellness Education 110
 WST Women's Studies 100/110/160/161
 YAQ Yaqui Indian History and Culture 100

Natural Sciences (4 credits)

The lecture course(s) selected for Natural Sciences must include or be
 accompanied by the corresponding laboratory course. The lecture and
 corresponding laboratory course(s) may carry separate credit. Students
 should consult with an advisor for appropriate course selection.

AGS Agricultural Science 164/260
 ASB Anthropology 231
 ASM Anthropology 104
 AST Astronomy 101/102/111/112/113/114
 BIO Biology 100/101/102/105/107/108/109/149AN/
 145/156/160/181/182/201/205/241
 CHM Chemistry 107&107LL/130&130LL/
 150&151LL/151&151LL/152&152LL/
 154&154LL/230&230LL
 FON Food and Nutrition 241&241LL
 FOR Forensic Science 105/106
 GLG Geology Any GLG course(s) (EXCEPT
 140/251MC/275)
 GPH Physical Geography 111/112&113/212&214/ 213&215
 PHS Physical Science 110/120
 PHY Physics 101/101AA/111/111AA/112/115/116/ 121/131
 PSY Psychology 290AB/290AC