

Associates Degree in Health and Fitness Specialist
SCHOOL OF RECREATION STUDIES AND EXERCISE SCIENCE
Degree Audit Worksheet - Fall 2010

Name: _____ ID#: _____ Advisor: _____

Intended month of Graduation: _____ School Chair approval: _____

Semester entered: _____

The following coursework must be completed in order to fulfill the graduation requirements for an Associates Degree in
Health Fitness Specialist.

<u>General Education Requirements (19 cr)</u>	<u>Credits</u>	<u>Grade</u>	<u>Semester</u>
COMM 101 Fundamentals of Speech	3	_____	_____
PSYC 101 Introduction to Psychology	4	_____	_____
ENGL 110 Freshman Composition I	3	_____	_____
ENGL 111 Freshman Composition II	3	_____	_____
MATH 111 College Algebra	3	_____	_____
General Education Elective _____	3	_____	_____
 <u>Required Support (13 cr)</u>			
CHEM 104 Life Chemistry I or			
CHEM 115 General Chemistry I	4-5	_____	_____
BIOL 121 Human Anatomy & Physiology I	4	_____	_____
BIOL 122 Human Anatomy & Physiology II	4	_____	_____
 <u>Program Requirements (26 cr)</u>			
RECS 105 Program Development & Leadership	3	_____	_____
EXER 140 Health & Fitness	3	_____	_____
EXER 141 Introduction to Movement	3	_____	_____
EXER 230 Athletic Training I (pre-req BIOL 121, EXER 141)	3	_____	_____
EXER 248 Psychology of Sports Performance & Coaching	3	_____	_____
EXER 262 Exercise Physiology I (pre-req BIOL 121, CHEM 115)	3	_____	_____
EXER 265 Essentials Strength Training/Conditioning	3	_____	_____
EXER 268 Fitness Evaluation I - Field Tests (pre-req BIOD 121, EXER 140)	2	_____	_____
EXER 275 Nutrition for Sport and Exercise Performance (pre-req BIOD 121, EXER 262)	2	_____	_____
EXER 295 Practicum	1	_____	_____
EXER 295 Practicum	1	_____	_____
 <u>Program Elective (6 cr)</u>			
Elective _____	3	_____	_____
Elective _____	3	_____	_____

I certify that all school requirements are complete
and the school GPA is 2.0 or higher.

School Chair

19 General Education Requirements
Minimum of 64 total credits
2.0 Overall GPA
2.0 GPA in School Requirements