

# Health and Fitness - AA-DTA (with Fitness Specialist Certificate)

2021-22

## Program map for Health and Fitness Associate in Arts-Direct Transfer Agreement (AA-DTA) with Fitness Specialist Certificate

Prepare for careers in health and fitness. After earning a bachelor's degree, or related certificate, graduates can work in careers such as; personal training, group fitness instruction, health coaching, K-12 physical education or health teaching, sports management, athletic training, coaching, exercise science, and recreation.

See also:

- [Degree Requirements for Health Sciences and Wellness programs](#)
- [Course descriptions in LCC Catalog](#)
- [Distribution lists in LCC Catalog](#)

***Please note that many course sequences only begin in fall quarter. Please check with your program advisor for more information.***

***Please review both the "By Quarter Overview" and "Detailed Class Sequence" tabs below.***

## By Quarter Overview

### First Quarter

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- ENGL& 101: English Composition I (5 credits)
  - *College placement or ENGL 099 or TECH 105 with a grade of C or better\**
- PHED 152: Personalized Fitness (1-2 credits)
- PSYC& 100: General Psychology (5 credits)
- COLL 101: College Success 101 (2 credits)

*\*Pre- and/or co-requisite(s)*

### Second Quarter

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- ENGL& 102 (5 credits)
  - *ENGL& 101 with a grade of C or better\**
- CMST 230: Small Group Communication (5 credits)
- HIST 214: Sports in American History (5 credits)
- HLTH 106: Health and Wellness (2 credits)

*\*Pre- and/or co-requisite(s)*

### Third Quarter

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- MATH& 107: Math in Society (5 credits) or MATH& 146: Introduction to Statistics (5 credits)
  - *MATH 97 or MATH 98 with a grade of C or better\**
- BIOL 179: Human Biology and Exercise (5 credits)
- SPAN 121: Spanish I: DIV (5 credits)

*\*Pre- and/or co-requisite(s)*

### Fourth Quarter

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- ART 100: Art Appreciation: DIV (5 credits)
- NUTR& 101: Nutrition (5 credits)
- PHED 285: Fitness Marketing (3 credits)
- MUSC 100: Fundamentals of Music (5 credits)

### Fifth Quarter

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- ENV5 150: Environment and Society: DIV (5 credits)
- PHED 171: Prevention and Care of Athletic Injuries (3 credits)
- HLTH 105: First Aid, CPR and Bloodborne Pathogens (1 credit)
- HLTH 245: Health and Exercise Behavior Change (3 credits)
- PHED 128: Weight Training (2 credits)

### Sixth Quarter

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- BUS& 101: Introduction to Business (5 credits)
- COLL 289: Employment Portfolio Seminar (1 credit)
- PHED 295: Personal Training Instruction (3 credits)
- PHED 296: Group Exercise Instruction (3 credits)
- PHED 288: Cooperative Work Experience (2 credits)

## Detailed Class Sequence

### 1. English Composition I

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ENGL& 101 (5 credits)

*Pre- and/or co-requisite(s): College placement or ENGL 099 or TECH 105 with a grade of C or better.*

### 2. Personalized Fitness

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PHED 152 (1-2 credits)

### 3. General Psychology

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PSYC& 100 (5 credits)

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#### **4. College Success 101**

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COLL 101 (2 credits)

#### **5. English Composition II**

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ENGL& 102 (5 credits)

*Pre- and/or co-requisite(s): ENGL& 101 with a grade of C or better*

#### **6. Small Group Communication**

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CMST 230 (5 credits)

#### **7. Sports in American History**

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HIST 214 (4 credits)

#### **8. Health and Wellness**

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HLTH 106 (2 credits)

#### **9. Math in Society OR Introduction to Statistics**

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MATH& 107 (5 credits) OR MATH& 146 (5 credits)

*Pre- and/or co-requisite(s): MATH 97 or MATH 98 with a grade of C or better*

#### **10. Human Biology and Exercise**

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BIO 179 (5 credits)

#### **11. Spanish I: DIV**

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SPAN 121 (5 credits)

#### **12. Art Appreciation: DIV**

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Art 100 (5 credits)

#### **13. Nutrition**

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NUTR& 101 (5 credits)

## **14. Fitness Marketing**

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PHED 285 (3 credits)

## **15. Fundamentals of Music**

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MISC 100 (5 credits)

## **16. Environment and Society: DIV**

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ENVS 150 (5 credits)

## **17. Prevention and Care of Athletic Injuries**

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PHED 171 (3 credits)

## **18. First Aid, CPR and Bloodborne Pathogens**

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HLTH 105 (1 credit)

## **19. Health and Exercise Behavior Change**

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HLTH 245 (3 credits)

## **20. Weight Training**

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PHED 128 (2 credits)

## **21. Introduction to Business**

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BUS& 101 (5 credits)

## **22. Employment Portfolio Seminar**

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COLL 289 (1 credit)

## **23. Personal Training Instruction**

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PHED 295 (3 credits)

## **22. Group Exercise Instruction**

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PHED 296 (3 credits)

### **23. Cooperative Work Experience**

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PHED 288 (3 credits)

## **Program Maps for Health Sciences and Wellness**

- Chemical Dependency Studies - AA-DTA
- Chemical Dependency Studies - AAS
- Health and Fitness - AA-DTA (with Fitness Specialist Certificate)
- Medical Assisting - AAS
- Medical Assisting - COP
- Nursing Assistant - COC
- Pre-Dental Hygiene - AA
- Registered Nurse - AN-DTA/MRP
- Registered Nurse - AN-DTA/MRP (LPN2RN Campus Based Opt-in Option)
- Registered Nurse - AN-DTA/MRP (LPN2RN eLearning Option)