

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

2024-25



[Return to Health Sciences and Wellness Program Maps \(lowercolumbia.edu/program-maps/health\)](https://lowercolumbia.edu/program-maps/health)

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.

[View this program in the LCC Catalog \(lowercolumbia.edu/publications/catalog/programs/Health-AA-DTA-Health-and-Fitness\)](https://lowercolumbia.edu/publications/catalog/programs/Health-AA-DTA-Health-and-Fitness)

See also

- [Degree Requirements for Health Sciences and Wellness programs \(lowercolumbia.edu/programs/health\)](https://lowercolumbia.edu/programs/health)
- [Course descriptions in the LCC Catalog \(lowercolumbia.edu/publications/catalog/courses\)](https://lowercolumbia.edu/publications/catalog/courses)
- [Distribution lists in the LCC Catalog \(lowercolumbia.edu/publications/catalog/distribution-lists\)](https://lowercolumbia.edu/publications/catalog/distribution-lists)

Important: Many course sequences only begin in fall quarter. Check with your program advisor.

By Quarter Overview

First Quarter

- 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

- 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

- 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

- 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

- ENVS 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

- 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

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

PHED 152 (1-2 credits)

3. General Psychology

PSYC& 100 (5 credits)

4. College Success 101

COLL 101 (2 credits)

5. English Composition II

ENGL& 102 (5 credits)

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

6. Small Group Communication

CMST 230 (5 credits)

7. Sports in American History

HIST 214 (4 credits)

8. Health and Wellness

HLTH 106 (2 credits)

9. Math in Society OR Introduction to Statistics

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

BIO 179 (5 credits)

11. Spanish I: DIV

SPAN 121 (5 credits)

12. Art Appreciation: DIV

Art 100 (5 credits)

13. Nutrition

NUTR& 101 (5 credits)

14. Fitness Marketing

PHED 285 (3 credits)

15. Fundamentals of Music

MISC 100 (5 credits)

16. Environment and Society: DIV

ENVS 150 (5 credits)

17. Prevention and Care of Athletic Injuries

PHED 171 (3 credits)

18. First Aid, CPR and Bloodborne Pathogens

HLTH 105 (1 credit)

19. Health and Exercise Behavior Change

HLTH 245 (3 credits)

20. Weight Training

PHED 128 (2 credits)

21. Introduction to Business

BUS& 101 (5 credits)

22. Employment Portfolio Seminar

COLL 289 (1 credit)

23. Personal Training Instruction

PHED 295 (3 credits)

22. Group Exercise Instruction

PHED 296 (3 credits)

23. Cooperative Work Experience

PHED 288 (3 credits)