

Program map for Health & Fitness Focus Associate in Arts - Direct Transfer Agreement (AA-DTA) (with Specialist Certificates: Group Fitness, Health Coach, and Personal Training)



2025-26

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. Individual Certificates also available in: Group Fitness, Health Coach, and Personal Training.

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

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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**
 - PSYC& 100: General Psychology (5 credits)
 - COLL 101: College Success 101 (2 credits)
 - PHED 120: Cross Training OR PHED 128 Weight Training (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) OR CMST 220 Public Speaking
- 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

- 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)
- NUTR 201: Lifespan Nutrition (5 credits)
- HLTH 135: Food and Fitness (2 credits)
- PHED 104: Pilates and Stretch, PHED 105: Pilates and Yoga, OR PHED 106: Yoga for Beginners (1 credit)

Sixth Quarter

- BUS& 101: Introduction to Business (5 credits)
- PHED 295: Personal Training Instruction (5 credits)
- PHED 296: Group Exercise Instruction (3 credits)
- HLTH 265: Mind and Body Health (2 credits)

Once coursework is completed students earn their Personal Training, Health Coaching, and Group Fitness Certificates of Completion.

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. Cross Training OR Weight Training

PHED 120 OR PHED 128 (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 or Public Speaking

CMST 230 OR CMST 220 (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. Lifespan Nutrition

NUTR 201 (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. Pilates and Stretch,: Pilates and Yoga, OR Yoga for Beginners

PHED 105, 104, or 106 (1 credit)

21. Introduction to Business

BUS& 101 (5 credits)

22. Employment Portfolio Seminar

HLTH 265 (2 credits)

23. Personal Training Instruction

PHED 295 (3 credits)

22. Mind and Body Health

PHED 295 (5 credits)