

# Health & Fitness Focus

## Associate in Arts - Direct Transfer Agreement (AA-DTA)

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.

For a roadmap that identifies the preferred sequencing of courses and other specific recommendations from faculty, please see the corresponding program map(s):

- [Health & Fitness Focus Associate in Arts - Direct Transfer Agreement \(AA-DTA\) \(with Specialist Certificates: Group Fitness, Health Coach, and Personal Training\) \(lowercolumbia.edu/program-maps/health/AADTA-Health-and-Fitness\)](https://lowercolumbia.edu/program-maps/health/AADTA-Health-and-Fitness)

## Degree Requirements

**Total credits required to earn this degree:** 90 in courses numbered 100 or above with a cumulative grade point average (GPA) of at least 2.0

LCC students must meet distribution requirements for bachelor degrees, associate degrees, and specific certificates. See [Diversity and Distribution Lists \(lowercolumbia.edu/publications/catalog/distribution-lists/\)](https://lowercolumbia.edu/publications/catalog/distribution-lists/) for more information.

## General Education Requirements

- **Communications:**

15 credits: ENGL& 101 English Composition I **AND** (ENGL& 102 Composition II **OR** ENGL& 235 Technical Writing) **AND** (CMST& 220 Public Speaking **OR** CMST& 230 Small Group Communication).

- **Quantitative/Symbolic Reasoning Skills:**

5 credits of MATH& 107 or higher (with the exception of MATH& 131).

- **Humanities:**

15 credits – Selected from at least two disciplines on the *Distribution List*. No more than 5 credits in foreign language at the 100 level. No more than 5 credits in performance/skills courses are allowed.

- **Natural Sciences:**

15 credits – Selected from at least two disciplines on the *Distribution List*; must include 5 credits of lab courses. At least 10 credits in physical, biological and/or earth sciences. No more than 5 credits from Computer Science, Mathematics, and Engineering. Courses used to satisfy this requirement may not be used to satisfy the Quantitative Skills requirement.

It is strongly recommended that NUTR& 101 and BIOL 179 are taken as 10 of the 15 credits for Natural Science. Specific chemistry classes are recommended for students going into *nutrition* or *exercise science*. Anatomy and Physiology is recommended for *athletic training* and *exercise science*.

- **Social Sciences:**

15 credits – Selected from at least two disciplines on the *Distribution List*. HIST 214, Sports in American History, is recommended.

- **Diversity:**

5 credits – From the *Diversity Course List*. Courses that meet this requirement may also be used toward other graduation requirements. Diversity courses are listed in the quarterly schedule and identified by 'DIV' attached to the course title. Example: SOC& 101 – Introduction to Sociology:DIV.

- **Electives:**

25 credits - See advisor for approved list of electives. No more than 15 credits may be taken from the *Restricted Course List* on the *Distribution List*. No more than 3 PE activity courses may be taken as electives. PE activity courses are marked with a \*.

## Recommended Electives

Course Code	Course Title	Number of Credits
COLL 289	Employment Portfolio Seminar	1
HLTH 105	First Aid, CPR and Bloodborne Pathogens	1
HLTH 106	Health and Wellness	2
HLTH 245	Health and Exercise Behavior Change	3
*PHED 128	Weight Training	2
*PHED 228	Advanced Weight Training	2
*PHED 152/252	Personalized Fitness	2
PHED 171	Prevention & Care of Athletic Injuries	3
PHED 285	Fitness Marketing	3
PHED 288	Cooperative Education	1
PHED 295	Personal Training Instruction	5
PHED 296	Group Exercise Instruction	3

Students who complete certain elective credits will also earn their Fitness Specialist Certificate through LCC. See advisor for details.

## AA-DTA Outcomes

Upon the completion of the AA DTA, students will be prepared for transfer to a four-year institution for their intended career pathway, and have the following skills and abilities:

## Global Skills (assessed at degree level):

- Communication: Express ideas and information in writing and speaking in a manner that is clear and appropriate to the audience, and read and listen effectively.
- Critical Thinking: Apply objective, valid methods of inquiry and problem-solving to draw rational, ethical, and coherent conclusions.
- Quantitative Literacy: Reason and solve quantitative problems from a wide array of authentic contexts and everyday life situations.
- Teamwork: Facilitate a team's ability to achieve a desired goal or outcome.

## General education outcomes (assessed at course level):

- Diversity: Examine the causes and expressions of difference, power, and discrimination.
- Humanities: Explore how people process, document, and express their social and cultural experience.
- Social Science: Examine society, behavior, and relationships among individuals within a society.
- Natural Science: Develop familiarity with various aspects of the physical world and scientific explanations of observed phenomena.

## Area of study outcomes:

- Students will have a basic understanding of exercise physiology and how various exercises and training routines contribute to strength, endurance, and overall physical health.
- Students will demonstrate proficiency in developing health and fitness goals as well as health and fitness programs catering to individual needs both for themselves and others.
- Students will understand the basics of nutrition and the impact of nutrition on overall health.
- Students will understand the beneficial effects of health and fitness in their personal lives as well as all other aspects of life.

## Notes

### Revised June 2024 (effective Summer 2024)

\*\* No more than 10 credits from any one discipline will be applied to the requirements within a distribution area.

Program planning is based on information available at the time of preparation. It is the student's responsibility to meet with their LCC advisor and with an advisor at the college to which they plan to transfer for specific requirements. Consult the LCC catalog for LCC graduation requirements.

Most four-year universities require one year of a single foreign language as a graduation requirement.