

# AS: Fitness

2014 - 2015

The Associate of Science in Fitness will examine the effects of exercise and physical activity on people in order to optimize their physical and mental health. This degree can prepare students to transfer, and choose from a broad range of careers such as clinical testing, corporate fitness, personal training and performance enhancement, sports management, physical therapy, and cardiac rehabilitation.

The Associate of Science in Fitness is designed to articulate to:

- Minnesota State University at Moorhead B.S. in Exercise Science degree

## Program Courses

| Course No.                            | Course Title  | Credits | Goal Area | Comments/Substitution |
|---------------------------------------|---|---------|-----------|-----------------------|
| BIOL1001                              | Biology I   | 4       |           |                       |
| BIOL2111                              | Human Anatomy and Physiology I                            | 4       |           |                       |
| HLTH1070                              | Nutrition   | 3       |           |                       |
| PE2101                                | Concepts of Personal Training                             | 4       |           |                       |
| PE2102                                | Concepts of Personal Training Applications                | 2       |           |                       |
| PE2390                                | Current Research Trends in Physical Education and Fitness | 2       |           |                       |
| PE2490                                | Kinesiology   | 4       |           |                       |
| <b>HLTH1250 or PE1250 - 1 course:</b> |   |         |           |                       |
| HLTH1250                              | Wellness for Life <i>or</i>                               | 3       |           |                       |
| PE1250                                | Wellness for Life   | 3       |           |                       |

## General Education Courses

| Course No. | Course Title                              | Credits | Goal Area | Comments/Substitution |
|------------|---|---------|-----------|-----------------------|
| CHEM1010   | Introduction to Chemistry                 | 4       |           |                       |
| COMM1110   | Principles of Interpersonal Communication | 3       |           |                       |
| ENGL1201   | College Writing I (minimum grade 2.0)     | 4       |           |                       |
| ENGL1202   | College Writing II                        | 2       |           |                       |
| ENGL2340   | Nature in Literature                      | 3       |           |                       |
| MATH1130   | Elementary Statistics                     | 3       |           |                       |
| MUSC1300   | Music in World Cultures                   | 3       |           |                       |
| PHIL1020   | Ethics                                    | 3       |           |                       |
| PSYC1150   | General Psychology                        | 3       |           |                       |
| SOC1110    | Introduction to Sociology                 | 3       |           |                       |

## MnTC Electives

| Course No.  | Course Title | Credits | Goal Area | Comments/Substitution |
|---|--------------|---------|-----------|-----------------------|
| <b>History and the Social and Behavioral Sciences (Goal Area 5) - 3 credits<sup>1</sup></b> |              |         |           |                       |

## NHCC Residency and GPA

| Course No.                                | Course Title | Credits | Goal Area | Comments/Substitution |
|---|--------------|---------|-----------|-----------------------|
| <b>15 Credits must be earned at NHCC:</b> |              |         |           |                       |
| <b>2.00 overall GPA for NHCC courses</b>  |              |         |           |                       |

**Total Credit Required 60**

## Degree Requirements

2.00 overall GPA for NHCC courses

### Program Outcomes

Knowledge of Human Cultures and the Physical and Natural World:

- Apply principles, skills, and methods related to biomechanics, exercise physiology, health promotion, exercise prescription and sport psychology.

#### Intellectual and Practical Skills:

- Inquiry and analysis: Apply the clinical and epidemiological evidence linking physical activity and exercise to mental and physical health.
- Critical and creative thinking: Apply the scientific method to solve problems related to physical activity and health.
- Written and oral communication: Utilize oral and written communication that meets appropriate professional and scientific standards in the field of Kinesiology/Exercise Science.
- Quantitative literacy: Evaluate the effectiveness of human movement using mechanical principles.
- Information literacy: Associate the organic, skeletal, and neuromuscular structures of the human body to psychological factors associated with diverse physical activities.
- Teamwork and problem solving: Work effectively in teams by valuing collaboration, providing service to others, and developing relational techniques for lifelong learning and problem solving.

#### Personal and Social Responsibility and Engagement:

- Civic knowledge and involvement – campus, local and global: Apply Fitness/Kinesiology related skills to real-world problems through empirical research, internships, field experience, and/or service learning.
- Intercultural knowledge and competence: Demonstrate leadership and social responsibility to improve quality of life for others and ensure equitable access for diverse groups by creating appropriate environments to initiate and maintain a physically active, healthy lifestyle.
- Ethical reasoning and action: Model behavior consistent with that of a Kinesiology professional, including 1) advocacy for a healthy, active lifestyle, 2) adherence to professional ethics, 3) service to others, 4) shared responsibility and successful collaboration with peers, and 5) pursuit of learning beyond NHCC.
- Foundations and skills for lifelong learning: Safely Develop an individualized exercise prescription based on scientific principles and appropriate evaluation techniques designed to reduce the risk of chronic disease and avoid injuries.

#### Integrative and Applied Learning:

- Synthesis and advanced accomplishment across general education, liberal studies, specialized studies and activities in the broader campus community. Assimilate, analyze, synthesize and integrate concepts related to the exercise science field. Students will also be able to sit for professional certifications related to personal training, including but not limited to those offered by the National Academy of Sports Medicine, the American Council on Exercise, and select others.

#### Career Opportunities

Career settings could include: fitness centers (training facilities, corporate businesses, schools and colleges), community center workout facilities, and health clubs. Possible positions could include personal trainer, athletic trainer, fitness specialist, sport coaches, strength and conditioning interns, and group exercise specialists.

#### Transfer Information

If you are planning on transferring to another institution, follow the guidelines available on our transfer resources web page to help you plan the process: [Transfer Information](#)

#### Degree Information

The Associate of Science (A.S.) degree is intended for students whose primary goal is to complete the credentials for a specific career and/or prepare for transfer to complete a bachelor's degree at a college or university with whom North Hennepin Community College has an articulation agreement. The A.S. degree provides a balance of general education courses and the required scientific, professional or technical courses in the degree program.

A student shall:

- Earn a minimum of 60 semester credits as required in the program, with a grade point average of 2.00 (C) or above in courses taken at North Hennepin Community College. Specific programs may have additional requirements or a higher minimum grade point average.
- Earn a minimum of 20 semester credits at North Hennepin Community College. A student must complete at least 50% of career specific courses at North Hennepin Community College.
- Earn 30 credits in at least 6 Minnesota Transfer Curriculum (MnTC) goal areas.
- Earn 30 professional/technical credits.
- Have four years to complete the graduation requirements as published in the catalog in effect at the time of their initial enrollment. Students taking more than four years to complete their graduation requirements may follow any catalog published during the four-year period preceding their graduation.

Completion of an A.S. degree fulfills the Goal Area 2 requirement of the Minnesota Transfer Curriculum (MnTC).

### **Developmental Courses**

Some students may need preparatory course(s) in Math and/or English. Courses numbered below 1000 will not apply toward a degree.

### **Equal Opportunity Employer and Disability Access Information**

North Hennepin Community College is a member of Minnesota State Colleges and Universities system and an equal opportunity employer and educator. This document is available in alternative formats to individuals with disabilities by calling 763-493-0555 or through the Minnesota Relay Service at 1-800-627-3529.

### **Accreditation**

North Hennepin Community College is accredited by the:  
Higher Learning Commission of the North Central Association of Colleges and Schools  
30 N. LaSalle Street, Suite 2400  
Chicago, IL 60602-2504  
1-800-621-7440

### **Career Opportunities**

Information on careers, including salary and employment outlook data, is available on the iseek and Bureau of Labor Statistics websites: [www.iseek.org](http://www.iseek.org) and [www.bls.gov](http://www.bls.gov).

1. History and the Social and Behavioral Sciences (Goal Area 5) - 3 credits: ANTH1010(3), ANTH1130(3), ANTH1140(3), ECON1050(3), ECON1060(3), ECON1070(3), HIST1010(3), HIST1020(3), HIST1030(3), HIST1110(3), HIST1120(3), HIST1130(3), HIST1140(3), HIST1200(3), HIST1210(3), HIST1220(3), HIST1240(3), HIST1270(3), HIST1390(3), HIST1700(3), HIST1800(3), HIST1900(1), HIST2500(3), HIST2600(3), HIST2700(3), POLS1100(3), POLS1140(3), POLS1600(3), POLS1700(3), POLS2130(3), PSYC1110(3), PSYC1150(3), PSYC1160(4), PSYC1165(3), PSYC1170(3), PSYC1210(3), PSYC1220(3), PSYC1250(4), PSYC2110(3), PSYC2320(3), PSYC2330(3), PSYC2340(3), PSYC2350(3), SOC1110(3), SOC1140(3), SOC1210(3), SOC1710(3), SOC1750(3), SOC2110(3), SOC2200(3), SOC2210(3), SOC2310(3), SOC2410(3), SOC2730(3), WOST1110(3)