

2018-2019 TTC Catalog

General Technology - Fitness Specialist

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Associate in Applied Science in General Technology

Fitness Specialist Career Path

61 Credit Hours

This associate degree in General Technology is a degree completion for students who hold a certificate in Fitness Specialist. Students who already hold this certificate should consult with the program coordinator.

Students can earn only one degree in General Technology in a single career path.

General Education Core Requirements

ENG 101 English Composition I 3

IDS 109 First Year Experience Seminar 3

PSY 201 General Psychology 3

REQ HUM Select from 3
[Humanities](#)

REQ MAT Select from 3
[Mathematics/](#)
[Natural Sciences](#)

Total: 15

Major Requirements

BIO 112 Basic Anatomy and Physiology 4 *

BIO 238 Musculoskeletal System Anatomy 3

SFT 101 Introduction to Exercise Physiology 3

SFT 105 Fitness Assessment and Exercise Program Design 3

SFT 107 Nutrition for Fitness and Training 3

SFT 109 Lifetime Fitness and Wellness 3

SFT 110 Weight Training: Theory and Application 3

SFT 121 Medical Exercise 3

SFT 125 Personal Training Techniques 3

SFT 130 Aerobics Instructor Training 3

SFT 202 Internship for the Personal Trainer 3

SPC 205 Public Speaking 3

or

SPC 209 Interpersonal Communication 3

*Students who have successfully completed BIO 210 and 211 may substitute both courses for this requirements.

Total: 37

Other Requirements

BUS 101 Introduction to Business 3

MKT 101 Marketing 3

MKT 135 Customer Service Techniques 3

Total: 9

Admission Requirements

Admission into this program requires proof of high school graduation (or GED) and qualifying scores on SAT, ACT or the TTC placement test.