

ASSOCIATE IN APPLIED SCIENCE DEGREE PROGRAM HEALTH FITNESS SPECIALIST

106/108 CREDIT HOURS DEGREE

This program is not offered at MSB Blaine, MSB Richfield or MSB Brooklyn Center campus or at the Minneapolis Learning Site.

OBJECTIVES

The objective of this program is to prepare students with the knowledge, technical skills and work habits required for entry level positions in the health, fitness and wellness industry, and to provide the student with the skills necessary for career advancement. This program provides evidence of competencies in communications, social sciences, humanities and fine arts, analytical and inferential reasoning and communication skills as well as the ability to learn on one's own.

CORE REQUIREMENTS

Class #	Class Name	Credits
BS110	Business Communications	4
CS111	Computer Information Systems	3
HS102	Introduction to Exercise Science	2
HS141	Human Anatomy	5
HS150	Kinesiology	4
HS156	CPR/First Aid/AED	1
HS200	Biomechanics	2
HS211	General Nutrition	3
HS240	Fitness Analysis**	3
HS248	Exercise Prescription: Theory of Exercise	3
HS254	Exercise Prescription for Special Populations	4
HS256	Certification Review	3
HS265	Exercise Physiology	4
HS290	Methods in Resistance Training**	2
HS292	Theory of Functional Resistance Training Techniques**	3
HS325	Methods in Sports Training	3
HS350	Externship Training**	5
MA100	Medical Terminology	4
MA110	Anatomy and Physiology	5
MG100	Introduction to Business	5
PD100	Student Success	1
PD250	Career Development	1
Students take 2 of the following 4 courses:		
HS279	Nutrition for the Fitness Specialist	4
HS285	Management of Musculoskeletal Disorders	3
HS287	Worksite Health Promotion	3
MG120	Small Business Management	4
Total Core Minimum Requirement		76/78

Note: Students may be required to take Foundations of Mathematics I and/or II and Foundations of Writing I and/or II based on competency exam scores.

GENERAL EDUCATION REQUIREMENTS

To attain a degree, students must be well grounded in the liberal arts. Students pursuing an A.A.S. degree are required to earn a minimum of thirty (30) credits from the four liberal arts disciplines listed below. A minimum of three (3) credits must be earned within each discipline.

LIBERAL ARTS REQUIREMENTS

Class #	Class Name	Credits
COMMUNICATIONS		
CM111	Speech Communications	4
CM121	Composition (required)	4
CM200	Intercultural Communications	4
CM210	Creative Writing	4
CM220	Art of Persuasion	4
CM230	Mass Communication	4
CM320	Writing in Research	4
SOCIAL SCIENCE		
SS116	Introduction to Psychology	4
SS130	Law in Society	4
SS140	Interpersonal Relations (required)	4
SS145	Introduction to Macroeconomics	5
SS200	Introduction to Microeconomics	4
SS205	Sociology	4
SS210	Developmental Psychology	4
SS230	Psychology of Personality	4
SS311	Human Behavior	4
SS330	Comparative Economic Systems	4
SS360	Abnormal Psychology	4
NATURAL SCIENCE & MATHEMATICS		
NS100	Biology	5
NS110	Environmental Issues	5
NS116	College Algebra I	4
NS120	Earth Science	5
NS125	Chemistry Today*	5
NS135	Microbiology	4
NS140	Anatomy & Physiology I	4
NS150	Anatomy & Physiology II	4
NS216	College Algebra II	4
NS301	Statistics I	5
NS350	Statistics II	5
HUMANITIES		
HU100	Introduction to Humanities	4
HU121	Film in Society	4
HU130	Spanish I	4
HU150	Introduction to Literature	4
HU200	Art in the Modern World	4
HU230	Spanish II	4
HU310	The Novel	4
HU315	World Literature	4
Total Liberal Arts Minimum Requirement		30
Total Credit Requirement		106/108

*Offered only at Richfield Campus

**Offered residentially only