

## LFCC ADVISING WORKSHEET

Program: CSC Personal Training and Group Exercise Leadership      Catalog Year: 2016-2017

Advisor:

Program purpose: Designed to prepare students for employment in the fitness industry as a personal trainer, aerobics trainer, group exercise instructor or similar positions as well as to continue in programs at a four-year institution.

Check	Course	Title	Credits	Grade	Notes
<b>First Semester</b>					
	BIO 145	Anatomy & Physiology for the Health Sciences <sup>1</sup>	4		
	PED 111	Weight Training	2		
	HLT 116	Introduction to Personal Wellness Concepts	2		
	PED	PED Elective(s) <sup>2</sup>	1		
<b>Second Semester</b>					
	HLT 130	Nutrition and Diet Therapy <sup>3</sup>	2		
	HLT 206	Exercise Science	3		
	PED 298	Seminar and Project	1		
	PED	PED Elective(s)*	1		
		<b>Total</b>	<b>16</b>		

<sup>1</sup>BIO 145 will prepare a student with the little Anatomy and Physiology background, prior to taking BIO 141 and BIO 142. It is advised that students planning to transfer to a 4-year institution take BIO 141 and BIO 142.

<sup>2</sup>Students may choose to take 2-one credit courses or 1-two credit PED course to fulfill the elective requirements.

<sup>3</sup>HLT 230 is suggested for those transferring to a 4-year institution