

**Fitness and Aging:
Co-Certificate and Co-Degree in Fitness Technology & Gerontology**

Fitness Technology and Gerontology Co-Certificate

| Course # | Course Title | Cr | Req-FT | Req-GRN |
|--|--|-----------|--------|---------|
| GRN181 | Exploring the Field of Aging | 2 | | X |
| PSY215 | Human Development | 4 | | X |
| SOC223 | Sociology of Aging | 4 | | X |
| SOC230 | Introduction to Gerontology | 4 | | X |
| SOC231 | Sociology of Health and Aging | 4 | | X |
| SOC232 | Death and Dying: Culture & Issues | 4 | | X |
| SOC280B | Gerontology Internship Seminar | 1 | | X |
| GRN282 | Gerontology Professional Seminar | 1 | | X |
| FT280A/ GRN280A | Cooperative Education | 4 | X | X* |
| FT101 | Fitness Technology Seminar | 2 | X | |
| FT102 | Injury Prevention | 2 | X | |
| FT103 | Nutrition | 2 | X | |
| FT104 | Fitness Assessment I | 3 | X | |
| FT105 | Fitness Assessment II | 3 | X | |
| FT106 | Analysis of Movement | 3 | X | |
| FT107 | Exercise Science I | 3 | X | |
| FT131 | Structure & Function of the Human Body | 4 | X | |
| HPE295 | Health & Fitness for Life | 3 | X | |
| PE181A | Beginning Weight Training | 1 | X | |
| PSY101 | Psychology & Human Relations | 4 | X | |
| SP111 | Public Speaking | 4 | X | |
| Professional Activities Courses - Required | | | | |
| PE281 | Professional Activities: Weight Training | 2 | X | |
| Professional Activities Classes (Choose 2) | | 4 | X | |
| PE282A | Group Fitness + Co-requisite: Aerobics class | (2) | | |
| PE282B | Special Populations | (2) | | |
| PE287 | Aquatics + Co-requisite: Aquatic class | (2) | | |
| PE283 | Mind/Body + Co-requisite: Yoga or Tai Chi | (2) | | |
| Basic Competencies | | | | |
| WR121 | English Composition | 4 | X | X |
| MTH65 | Introductory Algebra 2 | 4 | X | X |
| CAS133 | Basic Computer Skills/MS Office | 4 | X | X |
| Total | GRN + FT Certificate Reqs/Electives | 80 | | |

*FT280A accepted substitute for GRN280A if majority of time worked with older adults.

Gerontology and Fitness Technology Co-Degree

| Course # | Course Title | Cr | Req-FT | Req-GRN |
|--|---|------------------------|--------|---------|
| AD101 | Alcohol Use & Addiction | 3 | | X |
| PHL207 | Ethical Issues in Aging | 4 | | X |
| SOC213 | Diversity in the United States | 4 | | X |
| SOC204 | Sociology in Everyday Life | 4 | | X |
| FN225 | Nutrition | 4 | X | |
| FT201 | Fitness Assessment & Programming III | 3 | X | |
| FT202 | Fitness and Aging | 3 | X | |
| FT203 | Fitness Promotion | 3 | X | |
| FT204 | Exercise Science II | 3 | X | |
| FT280B | Internship 2 – Degree | 4 | X | X* |
| CG280C | PE Co-Op / TA | 1 | X | X* |
| CG280D | Fit Tech Co-Op/TA | 1 | X | X* |
| Professional Activities Courses (Choose 1 Additional) | | 2 | X | |
| PE282A | Group Fitness + Co-requisite: Aerobics class | (2) | | |
| PE282B | Special Populations | (2) | | |
| PE287 | Aquatics + Co-requisite: Aquatic class | (2) | | |
| PE283 | Mind/Body + Co-requisite: Yoga or Tai Chi | (2) | | |
| General Education (16 total) | | | | |
| | Social Sciences (met by required courses) | -- | | |
| | Arts & Humanities | 4 | X | |
| | Science & Math [Biology and/or Chemistry] | 8 | X | |
| Total Add to Co-Cert | GRN + FT AAS Co-Degree | 52 | | |
| TOTAL Co-Degree | GRN-FT Co-Certificate + Additional for Co-Degree | 132[^] | | |

*Internship experience that includes work with older adults can count toward GRN 280A (6 required for GERO degree)

[^]Total credits may vary depending upon ability to utilize 280A credits (must involve work with older adults), selection of General Education Courses or electives.