

## Fitness and Aging: Gerontology Certificate and Fitness Technology Degree

Course #	Course Title	Cr	Req. - FT	Req. - GRN
GRN181	Exploring the Field of Aging	2		X
GRN282	Gerontology Professional Seminar	1		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 and Issues	4		X
SOC280B	Gerontology Internship Seminar	1		X
FT280A/ GRN280A	Cooperative Education: Internship	4	X	X*
FT280B	FT Practicum-Internship	4	X	
CG280C/D	PE/FT Cooperative Education	2	X	
FT101	Fitness Technology Seminar	2	X	
FT102	Injury Prevention	2	X	
FT103	Nutrition for Fitness Instructors	2	X	
FT104	Fitness Assessment & Programming I	3	X	
FT105	Fitness Assessment & Programming II	3	X	
FT106	Analysis of Movement	3	X	
FT107	Exercise Science I	3	X	
FT131	Structure & Function of the Human Body	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	
FN225	Nutrition	4	X	
HPE295	Health & Fitness for Life	3	X	
PE181A	Beginning Weight Training	1	X	
PE281	Weight Training - Professional Activities	2	X	
PSY101	Psychology & Human Relations	4	X	
SP111	Public Speaking	4	X	
<b>Professional Activities Classes (choose 3)</b>		6	X	
PE282A	Group Fitness + Co-requisite Aerobic class	(2)		
PE282B	Special Populations	(2)		
PE287	Aquatics + Co-requisite Aquatics class	(2)		
PE283	Mind/Body + Co-requisite Yoga or Tai Chi	(2)		
<b>Basic Competencies</b>				
WR121	English Composition	4	X	X
MTH65	Introductory Algebra 2	4	X	X
CAS133	Basic Computer Skills/MS Office	4	X	X
<b>Gen Ed</b>	16 total; Soc Sci met by Reqs; Bio &/or Chem	12		
<b>TOTAL</b>	<b>GRN CERTIFICATE-FT DEGREE</b>	<b>116 credits</b>		

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