

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

Course #	Course Title	Cr	Req-FT	Req-GRN
GRN181	Exploring the Field of Aging	2		X
GRN280A	Internship (Worksite Placement)	6		X
GRN280B	Gerontology Internship Seminar	1		X
GRN282	Gerontology Professional Seminar	1		X
AD101	Alcohol Use & Addiction	3		X
PHL207	Ethical Issues in Aging	4		X
PSY215	Human Development	4		X
SOC204	Sociology in Everyday Life	4		X
SOC213	Diversity in the United States	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
FT280A/ GRN280A	Cooperative Education: Internship	4	X	X*
FT101	Fitness Technology Seminar	2	X	
FT102	Injury Prevention & Management	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	
HPE295	Health & Fitness for Life	3	X	
PE181A	Beginning Weight Training	1	X	
PSY101	Psychology & Human Relations	4	X	
SP111	Public Speaking	4	X	
<b>Professional Activities Courses - Required</b>				
PE281	Weight Training	2	X	
<b>Professional Activities Courses – Options (Choose 2)</b>		4	X	
PE282A	Group Fitness + Co-requisite: Aerobic class	(2)	(X)	
PE282B	Special Populations	(2)	(X)	
PE283	Mind/Body + Co-requisite: Yoga or Tai Chi	(2)	(X)	
PE287	Aquatics + Co-requisite : Aquatic class	(2)	(X)	
<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 (16 cr: Soc Sci –met by required classes, Arts &amp; Hum [4], Science &amp; Math [8])</b>		12		
<b>TOTAL</b>	<b>FT Certificate &amp; GRN Degree</b>	<b>113 credits</b>		

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