

## Associate of Arts Degree

Effective March 13, 2024

The Associate of Arts degree will be awarded to students for successful completion of 60 semester credits. 40 of the 60 credits must be selected from the Minnesota Transfer Curriculum (MnTC) Goal Areas 1-10. The remaining credits consist of: CCLS1000 First Year Experience, 1 credit in Physical Education/Health and 18 elective credits which may consist of: additional MnTC courses, technical elective credits (maximum of 16) and/or any course with a number of 1000 or higher.

MnTC courses may meet requirements for more than one Goal Area, but credits are not earned twice.

Transfer grades of A-D are included in the MnTC GPA.

MnTC cumulative GPA required to graduate: 2.0 or higher

Overall cumulative GPA required to be awarded the degree: 2.0 or higher

### MINNESOTA TRANSFER CURRICULUM REQUIREMENTS (MnTC)

All 10 Goals must be completed

#### Goal 1 – Communication (9 credits)

*A minimum of nine credits required. One course in each: Composition I, Composition II and Speech.*

ENGL 1101 Composition I (3cr)	1,2	ENGL 1107 Honors Composition II: Peace Studies (3cr)	1,8
ENGL 1102 Honors Composition I (3cr)	1,2	SPCH 1100 Fundamentals of Speech (3cr)	1,9
ENGL 1104 Composition II: Argument (3cr)	1,2	SPCH 1110 Honors Fundamentals of Speech (3cr)	1,9
ENGL 1105 Composition II: Research (3cr)	1,2	SPCH 1200 Interpersonal Communication (3cr)	1,7
ENGL 1106 Composition II: Journalism (3cr)	1,2	SPCH 1310 Communication in a Diverse World (3cr)	1,7

#### Goal 2 – Critical Thinking (1 course)

ARTS 1105 Visual Design Concepts (3cr)	2,6	HUMA 1103 Popular Culture (3cr)	2,6
ARTS 1112 Drawing I (3cr)	2,6	MATH 1050 Mathematics for Liberal Arts (3cr)	2,4
ARTS 1122 2 Dimensional Design (3cr)	2,6	MATH 1075 Quantitative Reasoning (3cr)	2,4
ARTS 1123 3 Dimensional Design (3cr)	2,6	MATH 1110 College Algebra (3cr)	2,4
ARTS 1226 Painting I (3cr)	2,6	MATH 1115 Pre-Calculus (5cr)	2,4
ARTS 1303 Exploring Digital Photography (3cr)	2,6	MATH 1120 Trigonometry (4cr)	2,4
ASTR 1000 Introduction to Astronomy (3cr)	2,3	MATH 1210 Calculus I (5cr)	2,4
BIOL 1000 Biological Science (3cr)	2,3	MATH 1220 Calculus II (5cr)	2,4
BIOL 1030 Human Biology (3cr)	2,3	MATH 2021 Fundamentals of Statistics (4cr)	2,4
BIOL 1031 Honors Human Biology (3cr)	2,3	MATH 2022 Honors Fundamentals of Statistics (4cr)	2,4
BIOL 1050 Introduction to Forensic Science (3cr)	2,3	MATH 2210 Calculus III (5cr)	2,4
BIOL 1070 Human Nutrition (3cr)	2,3	MATH 2400 Linear Algebra (4cr)	2,4
BIOL 1091 General Biology I (4cr)	2,3	MUSC 1100 Fundamentals of Music (3cr)	2,6
BIOL 2000 General Ecology (4cr)	2,3	MUSC 1101 Theory and Musicianship Skills I (4cr)	2,6
BIOL 2021 Principles of Anatomy and Physiology I (4cr)	2,3	MUSC 1123 College Choir (1cr)	2,6
BIOL 2022 Principles of Anatomy and Physiology II (4cr)	2,3	MUSC 1124 College Choir (1cr)	2,6
BIOL 2040 General Microbiology (4cr)	2,3	MUSC 1125 Instrumental Ensemble (1cr)	2,6
BIOL 2300 Genetics (4cr)	2,3	MUSC 1126 Instrumental Ensemble (1cr)	2,6
CHEM 1202 General Chemistry II (5cr)	2,3	MUSC 2123 College Choir (1cr)	2,6
DIGI 1100 Introduction to Creative Digital Media (3cr)	2,6	MUSC 2124 College Choir (1cr)	2,6
ECON 1100 Introduction to Economics (2cr)	2,5	MUSC 2125 Instrumental Ensemble (1cr)	2,6
ENGL 1101 Composition I (3cr)	2,1	MUSC 2126 Instrumental Ensemble (1cr)	2,6
ENGL 1102 Honors Composition I (3cr)	2,1	PHIL 1100 Logic (3cr)	2,4
ENGL 1103 Introduction to Literature (3cr)	2,6	PHYS 1000 Introduction to Physics (3cr)	2,3
ENGL 1104 Composition II: Argument (3cr)	2,1	PHYS 1501 College Physics I (4cr)	2,3
ENGL 1105 Composition II: Research (3cr)	2,1	PHYS 1502 College Physics II (4cr)	2,3
ENGL 1106 Composition II: Journalism (3cr)	2,1	PHYS 2201 Classical Physics I (5cr)	2,3
ENGL 2000 Advanced Creative Writing (3cr)	2,6	PHYS 2202 Classical Physics II (5cr)	2,3
ENGL 2255 Introduction to Shakespeare (3cr)	2,6	PSYC 2250 Statistics for Behavioral Sciences (4cr)	2,5
HUMA 1000 Honors Leadership Development (3cr)	2,6	SCIE 1100 Biology/Chemistry for Elem Ed Majors (4cr)	2,3

**Goal 3 – Natural Sciences (9 credits)***A minimum of nine credits from at least two different disciplines required. At least one course must have a lab. (Lab courses are identified with an \*)*

ASTR 1000 Introduction to Astronomy (3cr)	3,2	CHEM 1000 Introductory Chemistry* (4cr)	3,10
BIOL 1000 Biological Science* (3cr)	3,2	CHEM 1121 General, Organic, and Biochemistry* (3cr)	3,10
BIOL 1010 Principles of Environmental Science* (3cr)	3,10	CHEM 1201 General Chemistry I* (5cr)	3,10
BIOL 1020 Current Topics in Biology (3cr)	3,9	CHEM 1202 General Chemistry II* (5cr)	3,2
BIOL 1030 Human Biology* (3cr)	3,2	CHEM 1210 Honors General Chemistry I* (5cr)	3,10
BIOL 1031 Honors Human Biology* (3cr)	3,2	ESCI 1000 Earth Science (3cr)	3,10
BIOL 1040 Biology of Women (3cr)	3,7	GEOG 1210 Physical Geography (3cr)	3,10
BIOL 1050 Introduction to Forensic Science* (3cr)	3,2	GEOG 1211 Honors Physical Geography (3cr)	3,10
BIOL 1060 Microbes and Society* (3cr)	3,10	GEOG 1250 Introduction to Meteorology* (4cr)	3,10
BIOL 1070 Human Nutrition (3cr)	3,2	PHYS 1000 Introduction to Physics* (3cr)	3,2
BIOL 1091 General Biology I* (4cr)	3,2	PHYS 1501 College Physics I* (4cr)	3,2
BIOL 1092 General Biology II* (4cr)	3,10	PHYS 1502 College Physics II* (4cr)	3,2
BIOL 2000 General Ecology* (4cr)	3,2	PHYS 2201 Classical Physics I* (5cr)	3,2
BIOL 2021 Principles of Anatomy and Physiology I* (4cr)	3,2	PHYS 2202 Classical Physics II* (5cr)	3,2
BIOL 2022 Principles of Anatomy and Physiology II* (4cr)	3,2	SCIE 1100 Biology/Chemistry for Elem Ed Majors* (4cr)	3,2
BIOL 2040 General Microbiology* (4cr)	3,2	SCIE 1200 Int Earth Science/Physics for Elem Ed* (4cr)	3,10
BIOL 2300 Genetics* (4cr)	3,2		

**Goal 4 – Mathematical/Logical Reasoning (3 credits minimum)**

MATH 1050 Mathematics for Liberal Arts (3cr)	4,2	MATH 1220 Calculus II (5cr)	4,2
MATH 1075 Quantitative Reasoning (3cr)	4,2	MATH 2021 Fundamentals of Statistics (4cr)	4,2
MATH 1110 College Algebra (3cr)	4,2	MATH 2022 Honors Fundamentals of Statistics (4cr)	4,2
MATH 1115 Pre-Calculus (5cr)	4,2	MATH 2210 Calculus III (5cr)	4,2
MATH 1120 Trigonometry (4cr)	4,2	MATH 2400 Linear Algebra (4cr)	4,2
MATH 1210 Calculus I (5cr)	4,2	PHIL 1100 Logic (3cr)	4,2

**Goal 5 – History and the Social & Behavioral Sciences (9 credits)***A minimum of nine credits from at least two different disciplines required.*

ANTH 2220 Introduction to Anthropology (3cr)	5,10	PSCI 1020 State and Local Government (3cr)	5,8
ANTH 2240 Cultural Anthropology (3cr)	5,8	PSCI 1025 Contemporary Political Issues (3cr)	5,9
ECON 1100 Introduction to Economics (2cr)	5,2	PSCI 1030 International Relations (3cr)	5,8
ECON 2291 Macroeconomics (3cr)	5,8	PSCI 1040 Topics in Modern Politics and Government	5,9
ECON 2292 Microeconomics (3cr)	5,8	PSYC 1105 General Psychology (4cr)	5,7
GEOG 1000 People and the Land: Intro Geography (3cr)	5,10	PSYC 1240 Developmental Psychology (3cr)	5,9
GEOG 1200 Human Geography (3cr)	5,10	PSYC 1241 Honors Developmental Psychology (3cr)	5,9
GLST 1500 Introduction to Global Studies (3cr)	5,8	PSYC 1250 Abnormal Psychology (3cr)	5,7
HIST 1001 United States History: Colonial to 1877 (3cr)	5,7	PSYC 2250 Statistics for Behavioral Sciences (4cr)	5,2
HIST 1002 United States History: 1877 - Present (3cr)	5,7	PSYC 2260 Social Psychology (3cr)	5,9
HIST 1011 Early European History (Ancient to 1688) (3cr)	5,8	SOCI 1101 Introduction to Sociology (3cr)	5,7
HIST 1012 Modern European History (1688 - Present) (3cr)	5,8	SOCI 1103 Social Problems (3cr)	5,9
HIST 1020 Minnesota History (3cr)	5,7	SOCI 2103 Marriage and Family (3cr)	5,7
HIST 1030 Modern World History (3cr)	5,8	SOCI 2125 Cultural Diversity (3cr)	5,7
HIST 1031 The World Today (1cr)	5,8	SOCI 2130 Criminology (3cr)	5,8
PSCI 1010 Introduction to U.S. Politics (3cr)	5,9	SOCI 2150 Sexuality and Relationships (3cr)	5,7
PSCI 1015 Honors Introduction to U.S. Politics (3cr)	5,9		

**Goal 6 – Humanities and Fine Arts (9 credits)***A minimum of nine credits from at least two different disciplines required. All languages count as one discipline.*

ARTS 1101 Introduction to Art (3cr)	6,8	ENGL 1103 Introduction to Literature (3cr)	6,2
ARTS 1102 Art History I (3cr)	6,8	ENGL 1113 Creative Writing: Nonfiction (1cr)	6,7
ARTS 1103 Art History II (3cr)	6,8	ENGL 1115 Creative Writing: Fiction (1cr)	6,7
ARTS 1105 Visual Design Concepts (3cr)	6,2	ENGL 1131 Fiction (3cr)	6,7
ARTS 1112 Drawing I (3cr)	6,2	ENGL 1132 Ethnic Literature (3cr)	6,7
ARTS 1119 Cultural Arts (3cr)	6,8	ENGL 2000 Advanced Creative Writing (3cr)	6,2
ARTS 1122 2 Dimensional Design (3cr)	6,2	ENGL 2231 Modern Literature (3cr)	6,7
ARTS 1123 3 Dimensional Design (3cr)	6,2	ENGL 2241 American Literature I (3cr)	6,7
ARTS 1222 Ceramics I (3cr)	6,8	ENGL 2242 American Literature II (3cr)	6,7
ARTS 1226 Painting I (3cr)	6,2	ENGL 2243 Survey of American Literature (3cr)	6,7
ARTS 1303 Exploring Digital Photography (3cr)	6,2	ENGL 2244 Topics in American Literature	6,8
CHIN 1001 Beginning Chinese I (4cr)	6,8	ENGL 2251 English Literature (3cr)	6,9
CHIN 1002 Beginning Chinese II (4cr)	6,8	ENGL 2255 Introduction to Shakespeare (3cr)	6,2
DIGI 1100 Introduction to Creative Digital Media (3cr)	6,2	ENGL 2260 Survey of Children's Literature (3cr)	6,7

**Goal 6 – Humanities and Fine Arts - Continued***A minimum of nine credits from at least two different disciplines required. All languages count as one discipline.*

FREN 1101 Elementary French I (4cr)	6,8	MUSC 2124 College Choir (1cr)	6,2
FREN 1102 Elementary French II (4cr)	6,8	MUSC 2125 Instrumental Ensemble (1cr)	6,2
FREN 2110 Intermediate French I (4cr)	6,8	MUSC 2126 Instrumental Ensemble (1cr)	6,2
FREN 2112 Intermediate French II (4cr)	6,8	PHIL 1110 Introduction to Philosophy (3cr)	6,9
HUMA 1000 Honors Leadership Development (3cr)	6,2	PHIL 1130 Ethics (3cr)	6,9
HUMA 1101 Humanities I (3cr)	6,8	PHIL 1140 Health Care/Medical Ethics (3cr)	6,9
HUMA 1102 Humanities II (3cr)	6,8	PHIL 1150 Philosophy of Social Justice (3cr)	6,9
HUMA 1103 Popular Culture (3cr)	6,2	PHIL 1160 Philosophy of the Arts (3cr)	6,8
HUMA 1105 Native American Studies (3cr)	6,10	SPAN 1001 Beginning Spanish I (4cr)	6,8
HUMA 1150 Scriptwriting (3cr)	6,7	SPAN 1002 Beginning Spanish II (4cr)	6,8
HUMA 2263 Religions of the World (3cr)	6,8	SPAN 1050 Mexico: Spanish & Indigenous Cultures (6cr)	6,8
HUMA 2265 Honors Religions of the World (3cr)	6,8	SPAN 2001 Intermediate Spanish I (4cr)	6,8
MUSC 1100 Fundamentals of Music (3cr)	6,2	SPAN 2002 Intermediate Spanish II (4cr)	6,8
MUSC 1101 Theory and Musicianship Skills I (4cr)	6,2	THTR 1100 Introduction to Theatre and Film (3cr)	6,9
MUSC 1111 Survey of Music (3cr)	6,8	THTR 1125 Script Analysis (3cr)	6,8
MUSC 1112 Music in Society: Hymns to Hip-Hop (3cr)	6,7	THTR 1140 Television Production and Performance (3cr)	6,8
MUSC 1114 American Popular Music (3cr)	6,7	THTR 1150 Scriptwriting (3cr)	6,7
MUSC 1123 College Choir (1cr)	6,2	THTR 2100 Beginning Acting (3cr)	6,7
MUSC 1124 College Choir (1cr)	6,2	THTR 2222 Speech for Performance (3cr)	6,7
MUSC 1125 Instrumental Ensemble (1cr)	6,2	THTR 2710 Musical Theatre Performance (3cr)	6,7
MUSC 1126 Instrumental Ensemble (1cr)	6,2	THTR 2720 American Musical Theatre (3cr)	6,7
MUSC 2123 College Choir (1cr)	6,2		

**Goal 7 – Human Diversity (1 course)**

BIOL 1040 Biology of Women (3cr)	7,3	MUSC 1114 American Popular Music (3cr)	7,6
ENGL 1113 Creative Writing: Nonfiction (1cr)	7,6	PSYC 1105 General Psychology (4cr)	7,5
ENGL 1115 Creative Writing: Fiction (1cr)	7,6	PSYC 1250 Abnormal Psychology (3cr)	7,5
ENGL 1131 Fiction (3cr)	7,6	SOCI 1101 Introduction to Sociology (3cr)	7,5
ENGL 1132 Ethnic Literature (3cr)	7,6	SOCI 2103 Marriage and Family (3cr)	7,5
ENGL 2231 Modern Literature (3cr)	7,6	SOCI 2125 Cultural Diversity (3cr)	7,5
ENGL 2241 American Literature I (3cr)	7,6	SOCI 2150 Sexuality and Relationships (3cr)	7,5
ENGL 2242 American Literature II (3cr)	7,6	SPCH 1200 Interpersonal Communication (3cr)	7,1
ENGL 2243 Survey of American Literature (3cr)	7,6	SPCH 1310 Communication in a Diverse World (3cr)	7,1
ENGL 2260 Survey of Children's Literature (3cr)	7,6	THTR 1150 Scriptwriting (3cr)	7,6
HIST 1001 United States History: Colonial to 1877 (3cr)	7,5	THTR 2100 Beginning Acting (3cr)	7,6
HIST 1002 United States History: 1877 - Present (3cr)	7,5	THTR 2222 Speech for Performance (3cr)	7,6
HIST 1020 Minnesota History (3cr)	7,5	THTR 2710 Musical Theatre Performance (3cr)	7,6
HUMA 1150 Scriptwriting (3cr)	7,6	THTR 2720 American Musical Theatre (3cr)	7,6
MUSC 1112 Music in Society: Hymns to Hip-Hop (3cr)	7,6		

**Goal 8 – Global Perspective (1 course)**

ANTH 2240 Cultural Anthropology (3cr)	8,5	HIST 1030 Modern World History (3cr)	8,5
ARTS 1101 Introduction to Art (3cr)	8,6	HIST 1031 The World Today (1cr)	8,5
ARTS 1102 Art History I (3cr)	8,6	HUMA 1101 Humanities I (3cr)	8,6
ARTS 1103 Art History II (3cr)	8,6	HUMA 1102 Humanities II (3cr)	8,6
ARTS 1119 Cultural Arts (3cr)	8,6	HUMA 2263 Religions of the World (3cr)	8,6
ARTS 1222 Ceramics I (3cr)	8,6	HUMA 2265 Honors Religions of the World (3cr)	8,6
CHIN 1001 Beginning Chinese I (4cr)	8,6	MUSC 1111 Survey of Music (3cr)	8,6
CHIN 1002 Beginning Chinese II (4cr)	8,6	PHIL 1160 Philosophy of the Arts (3cr)	8,6
ECON 2291 Macroeconomics (3cr)	8,5	PSCI 1020 State and Local Government (3cr)	8,5
ECON 2292 Microeconomics (3cr)	8,5	PSCI 1030 International Relations (3cr)	8,5
ENGL 1107 Honors Composition II: Peace Studies (3cr)	8,1	SOCI 2130 Criminology (3cr)	8,5
ENGL 2244 Topics in American Literature	8,6	SPAN 1001 Beginning Spanish I (4cr)	8,6
FREN 1101 Elementary French I (4cr)	8,6	SPAN 1002 Beginning Spanish II (4cr)	8,6
FREN 1102 Elementary French II (4cr)	8,6	SPAN 1050 Mexico: Spanish & Indigenous Cultures (6cr)	8,6
FREN 2110 Intermediate French I (4cr)	8,6	SPAN 2001 Intermediate Spanish I (4cr)	8,6
FREN 2112 Intermediate French II (4cr)	8,6	SPAN 2002 Intermediate Spanish II (4cr)	8,6
GLST 1500 Introduction to Global Studies (3cr)	8,5	THTR 1125 Script Analysis (3cr)	8,6
HIST 1011 Early European History (Ancient to 1688) (3cr)	8,5	THTR 1140 Television Production and Performance (3cr)	8,6
HIST 1012 Modern European History (1688 - Present) (3cr)	8,5		

**Goal 9 – Ethical & Civic Responsibility (1 course)**

BIOL 1020 Current Topics in Biology (3cr)	9,3	PSCI 1040 Topics in Modern Politics and Government	9,5
ENGL 2251 English Literature (3cr)	9,6	PSYC 1240 Developmental Psychology (3cr)	9,5
PHIL 1110 Introduction to Philosophy (3cr)	9,6	PSYC 1241 Honors Developmental Psychology (3cr)	9,5
PHIL 1130 Ethics (3cr)	9,6	PSYC 2260 Social Psychology (3cr)	9,5
PHIL 1140 Health Care/Medical Ethics (3cr)	9,6	SOCI 1103 Social Problems (3cr)	9,5
PHIL 1150 Philosophy of Social Justice (3cr)	9,6	SPCH 1100 Fundamentals of Speech (3cr)	9,1
PSCI 1010 Introduction to U.S. Politics (3cr)	9,5	SPCH 1110 Honors Fundamentals of Speech (3cr)	9,1
PSCI 1015 Honors Introduction to U.S. Politics (3cr)	9,5	THTR 1100 Introduction to Theatre and Film (3cr)	9,6
PSCI 1025 Contemporary Political Issues (3 cr)	9,5		

**Goal 10 – People & the Environment (1 course)**

ANTH 2220 Introduction to Anthropology (3cr)	10,5	ESCI 1000 Earth Science (3cr)	10,3
BIOL 1010 Principles of Environmental Science (3cr)	10,3	GEOG 1000 People and the Land: Intro Geography (3cr)	10,5
BIOL 1060 Microbes and Society (3cr)	10,3	GEOG 1200 Human Geography (3cr)	10,5
BIOL 1092 General Biology II (4cr)	10,3	GEOG 1210 Physical Geography (3cr)	10,3
CHEM 1000 Introductory Chemistry (4cr)	10,3	GEOG 1211 Honors Physical Geography (3cr)	10,3
CHEM 1121 General, Organic, and Biochemistry (3cr)	10,3	GEOG 1250 Introduction to Meteorology (4cr)	10,3
CHEM 1201 General Chemistry I (5cr)	10,3	HUMA 1105 Native American Studies (3cr)	10,6
CHEM 1210 Honors General Chemistry I (5cr)	10,3	SCIE 1200 Int Earth Science/Physics for Elem Ed (4cr)	10,3

**First Year Experience (1 course)**

CCLS 1000 First Year Experience (1cr)		CCLS 1010 Expanded First Year Experience (3cr)	
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**Physical Education/Health (1 course)**

EMER 1200 Emergency Medical Technician (7cr)		PHED 1172 Step and Aerobics (1cr)	
EMER 1210 Emergency Med Care/First Responder 3cr		PHED 1212 Team Sports and Activities (2cr)	
EMER 1300 Coaching the Emergency Vehicle Op (.5cr)		PHED 2160 Intro to Human Performance Studies (2cr)	
EMER 1400 International Trauma Life Support (1cr)		PHED 2180 Psychological & Social Aspects of Sport 3cr	
EMER 1405 Basic Cardiac Rhythm Interpretation (1cr)		PHED 2213 Coaching and Officiating Basketball (2cr)	
EMER 1410 Advanced Cardiac Life Support (1cr)		PHED 2214 Prevention & Care of Athletic Injuries (2cr)	
EMER 1420 Pediatric Trauma Life Support (1cr)		PHED 2215 Coaching/Officiating Baseball/Softball (2cr)	
EMER 1430 Pediatric Advanced Life Support (1cr)		PHED 2216 Coaching and Officiating (2cr)	
EMER 1440 Pediatric Emergency (.5cr)		PHED 2230 Intercollegiate Basketball I/Men's (1cr)	
EMER 1500 Ambulance Operations		PHED 2231 Intercollegiate Baseball I (1cr)	
HCNA 1200 Nursing Assistant/Home Health Aide (4cr)		PHED 2232 Intercollegiate Basketball I/Women's (1cr)	
HLTH 1100 Health (3cr)		PHED 2234 Intercollegiate Soccer I (1cr)	
HLTH 1130 AHA CPR and First Aid Certification (1cr)		PHED 2235 Intercollegiate Volleyball I (1cr)	
HLTH 1140 First Aid and CPR (2cr)		PHED 2239 Intercollegiate Softball I (1cr)	
HSER 1210 Drug Education (1cr)		PHED 2240 Intercollegiate Basketball II/Men's (1cr)	
PHED 1104 Racquet Sports (1cr)		PHED 2241 Intercollegiate Baseball II (1cr)	
PHED 1106 Bowling (1cr)		PHED 2242 Intercollegiate Basketball II/Women's (1cr)	
PHED 1107 Walking and Jogging for Fitness (1cr)		PHED 2244 Intercollegiate Soccer II (1cr)	
PHED 1108 Golf (1cr)		PHED 2245 Intercollegiate Volleyball II (1cr)	
PHED 1112 Zumba (1cr)		PHED 2249 Intercollegiate Softball II (1cr)	
PHED 1115 TRX (Total Body Resistance Exercise) (1cr)		PHED 2270 Concepts of Strength & Conditioning (2cr)	
PHED 1117 Weight Lifting (1cr)		PHED 2271 Essentials of Personal Training (3cr)	
PHED 1121 Tae Kwon Do - Karate (1cr)		PHED 2272 Essentials of Personal Training (2cr)	
PHED 1122 Cardio Kick Boxing (1cr)		PHED 2290 Personal Trainer Field Experience (2cr)	
PHED 1124 Introduction to Pilates (1cr)		THTR 1111 Movement for the Stage I (1cr)	
PHED 1145 Lifetime Fitness and Wellness (2cr)		THTR 1112 Movement for the Stage II (1cr)	
PHED 1150 Fitness Activities (1cr)			