

HEALTH AND EXERCISE SCIENCE

Associate of Applied Science

Center for Health & Natural Sciences
CCD.edu/

Health and Exercise Science

Fitness, Nutrition and Exercise Science are fascinating and dynamic, with a powerful role to play in promoting and sustaining health, fitness, and wellness. An Associate of Applied Science degree in Health & Exercise Science prepares students to use their knowledge to educate individuals, clients, and their communities on fitness, healthy behaviors, wellness, and appropriate food choices.

CCD and MSU Denver have developed a transfer pathway from an Associate of Applied Science in Health & Exercise Science (AAS) to a Bachelor of Science in Exercise Science. The AAS degree can be completed in 2-years at CCD with the remaining 2-years to complete the BS degree in Exercise Science at MSU Denver. Required Exercise Science Courses EXS 1020 (Resistance Training Techniques), HPS 2060 (Emer. Rescue, 1st Responder), along with EXS 1640 Physical Fitness Techniques & Program will be taken at MSU Denver while still being a CCD student through an inter-institutional agreement.

Mid-way through the second semester of the first academic year, students will attend a transfer/admission event at CCD/MSU Denver. This will be required so students can register for the inter-institutional course EXS 1020. Mid-way through the first semester of the second academic year, students will register for the inter-institutional courses HPS 2060, and EXS 1640 at MSU Denver.

Students interested or enrolled in this program will follow the program of study pathway. You are encouraged to meet with your CCD academic advisor and the Health and Wellness Program director to ensure you are on the right path, and to answer any questions. CCD and MSU Denver advising team will work together to answer your questions and ensure you feel supported on this journey.

Program highlights:

- Embedded certificate in food, nutrition, and wellness
- Embedded personal trainer certificate
- Stackable pathways (certificate, AAS, BS, MS)
- Pathway takes students from high school to a bachelors' degree
- Inter-institutional courses save time and money for our students. When the CCD student graduates with the AAS degree in health & exercise science, the student will have already completed 3 required courses towards the BS in exercise science degree at MSU Denver.
- Much faster than average occupational growth in field of fitness trainers (15%) and (11%) growth in the field of exercise physiology.

Course	Title	Credits
First Semester		
ENG 1021	English Composition I: GT-CO1	3
MAT 1260	Intro to Statistics: GT-MA1	3
HWE 1050	Human Nutrition	3
HWE 1061	Fitness and Wellness	2
COM 1250	Interpersonal Communication: GT-SS3	3
Subtotal		14
Second Semester		
ENG 1022	English Composition II: GT-CO2	3
HWE 1068	Certified Personal Trainer Preparatory Course	3
HWE 1054	Applied Nutrition to Whole Food Cooking	3
BIO 1111	General College Biology I with Lab: GT-SC1	5
Subtotal		14
Third Semester		
PSY 1001	General Psychology I: GT-SS3	3
BIO 2101	Human Anatomy & Physiology with Lab I: GT-SC1	4

EXS 1020 (Resistance Training Techniques) at MSU Denver	3
Choose One History Course:	3
HIS 1320 Western Civilization: 1650-Present: GT-HI1	
HIS 1110 The World: Antiquity-1500: GT-HI1	
HIS 1120 The World: 1500-Present: GT-HI1	
Choose One Arts & Humanities Course (GTAH1-GT-AH4)	3
ART 1110 Art Appreciation: GT-AH1	
HUM 1015 World Mythology: GT-AH2	
LIT 1015 Introduction to Literature I: GT-AH2	
LIT 2059 Survey of African American Literature: GT-AH2	
PHI 1011 Intro to Philosophy: GT-AH3	
PHI 1012 Ethics: GT-AH3	
Subtotal	16
Fourth Semester	
BIO 2102 Human Anatomy & Physiology II with Lab: GT-SC1	4
HPS 2060 (Emergency Rescue/First Responder & CPR) at MSU Denver	3
EXS 1640 (Physical Fitness Techniques & Program) at MSU Denver	3
Choose One Arts & Humanities Course (GTAH1-GT-AH4)	3
ART 1110 Art Appreciation: GT-AH1	
HUM 1015 World Mythology: GT-AH2	
LIT 1015 Introduction to Literature I: GT-AH2	
LIT 2059 Survey of African American Literature: GT-AH2	
PHI 1011 Intro to Philosophy: GT-AH3	
PHI 1012 Ethics: GT-AH3	
Choose One Arts & Humanities Course (GTAH1-GT-AH4)	3
ANT 2550 Medical Anthropology: GT-SS3	
PSY 1002 General Psychology II: GT-SS3	
PSY 2440 Human Growth and Development: GT-SS3	
PSY 2552 Abnormal Psychology: GT-SS3	
SOC 1001 Introduction to Sociology I: GT-SS3	
SOC 1002 Introduction to Sociology II: GT-SS3	
Subtotal	16
Total Credits	60

Certificates

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Personal Trainer

Earn college credit while completing a personal trainer program at CCD. Completion of the Personal Trainer certificate will prepare participants for a career in health, wellness, and fitness. Students will use knowledge gained in the program to educate a variety of diverse individuals and their communities on fitness and healthy behaviors. In this certificate program, students will learn about the essentials to personal fitness training. The personal trainer certificate prepares students with foundational skills to enter entry level positions in areas around health and wellness and for those students interested in becoming a personal trainer.

Students who complete the certificate program are eligible to sit for the National Academy of Sports Medicine (NASM) certified personal trainer (CPT) exam.

After successful completion the 3 required courses, CCD students are eligible to take the NASM-certified personal trainer (CPT) exam if the additional requirements are met.

- Students will need to be 18 years of age
- Have a high school diploma or GED
- Complete a cardiopulmonary resuscitation (CPR) course that includes automated external defibrillator (AED) training. (Note: All CPR courses must include a live skills check. Online-only courses cannot be accepted. Exam candidates in the U.S. and Canada must also have AED training included in their CPR course.)

Students interested or enrolled in this program will follow the program of study pathway. You are encouraged to meet with your CCD academic

advisor and the Health and Wellness Program director to ensure you are on the right path, and to answer any questions.

Certificate highlights:

- Students can be eligible to take the NASM-CPT exam to become a Certified Personal Trainer
- All courses are stackable into the AAS in Health and Exercise Science degree pathway that transfers to MSU Denver, where students can finish their BS degree in Exercise Science.
- Direct to work
- Much faster than average occupational growth in field of fitness trainers (15%) and (11%) growth in the field of exercise physiology.

The Personal Trainer certificate is not financial aid eligible as a standalone certificate, unless students have declared the AAS in Health & Exercise Science degree, and are taking the Personal Trainer certificate as part of that pathway.

Course	Title	Credits
First Semester		
HWE 1068	Certified Personal Trainer Preparatory Course	3
HWE 1050	Human Nutrition	3
HWE 1061	Fitness and Wellness	2
Subtotal		8
Total Credits		8