

HEALTH AND EXERCISE SCIENCE

Associate of Science

Health Sciences Pathway
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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 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 Science in Health & Exercise Science (AS) to a Bachelor of Science in Exercise Science. The AS 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), ESS 3110 (Med Topics for Ex Science), 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 or seek a meeting with the program director or advisor. 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 ESS 3110, 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
- Pathway takes students from high school to a bachelors' degree
- Designed for transfer to MSU Denver our 4-year university, with established MOU articulation agreement.
- Inter-intuitional program; students take three (3) classes at MSU Denver that provide 9 credits of directly related prerequisites or core courses to finish the BS in exercise science at MSU Denver, while a CCD student. Saves time and money!
- The inter institutional courses bridge the gap between the 4-year and 2-year institutions
- Noncompetitive health care program option

Course	Title	Credits
First Semester		
HWE 1061	Fitness and Wellness	2
HWE 1050	Human Nutrition	3
Choose One Mathematics Course (GT-MA1) ¹		
MAT 1340	College Algebra: GT-MA1	3-5
MAT 1440	Pre-Calculus: GT-MA1	
MAT 1420	College Trigonometry: GT-MA1	
MAT 2410	Calculus I: GT-MA1	
MAT 1260	Intro to Statistics: GT-MA1	
Choose One Composition Course (GT-CO1)		
ENG 1021	English Composition I: GT-CO1	3
ENG 1031	Technical Writing I: GT-CO1	
Choose One Communication Course		
COM 1250	Interpersonal Communication: GT-SS3	3
COM 1150	Public Speaking	

COM 2300	Intercultural Communication: GT-SS3	
Subtotal		14-16
Second Semester		
ENG 1022	English Composition II: GT-CO2	3
HWE 1068	Certified Personal Trainer Preparatory Course	3
BIO 1111	General College Biology I with Lab: GT-SC1	5
HWE 1054	Applied Nutrition to Whole Food Cooking	3
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 (GT-HI1)		
HIS 2110	African American History: GT-HI1	
HIS 2015	20th Century World History: GT-HI1	
HIS 1110	The World: Antiquity-1500: GT-HI1	
HIS 1120	The World: 1500-Present: GT-HI1	
HIS 2200	History of Latin America: GT-HI1	
HIS 2005	Women in World History: GT-HI1	
Choose One Arts & Humanities Course (GT-AH1~GT-AH4)		
ART 1110	Art Appreciation: GT-AH1	3
ART 1111	Art History Ancient to Medieval: GT-AH1	
MUS 1025	History of Jazz: GT-AH1	
PHI 1011	Intro to Philosophy: GT-AH3	
PHI 1012	Ethics: GT-AH3	
PHI 1014	Comparative Religions: GT-AH3	
Subtotal		16
Fourth Semester		
BIO 2102	Human Anatomy & Physiology II with Lab: GT-SC1	4
ESS 3110	(Med Topics for Ex Science) at MSU Denver	3
EXS 1640	(Physical Fitness Techniques & Program) at MSU Denver	3
Choose One Arts & Humanities Course (GT-AH1~GT-AH4)		
LIT 1015	Introduction to Literature I: GT-AH2	3
LIT 2005	Race, Ethnicity, and Culture in U.S. Literature: GT-AH2	
LIT 2001	World Literature to 1600: GT-AH2	
HUM 1021	Humanities: Early Civilization: GT-AH2	
HUM 1022	Humanities: Medieval-Modern: GT-AH2	
HUM 1015	World Mythology: GT-AH2	
Choose One Social & Behavioral Sciences Course (GT-SS1~GT-SS3)		
PSY 2440	Human Growth and Development: GT-SS3	3
PSY 2552	Psychopathology: GT-SS3	
ANT 2550	Medical Anthropology: GT-SS3	
PSY 1002	General Psychology II: GT-SS3	
SOC 1001	Introduction to Sociology I: GT-SS3	
SOC 1002	Introduction to Sociology II: GT-SS3	
Subtotal		16
Total Credits		60-62

¹ In order to transfer to MSU, MAT 1260 cannot be chosen to fulfill the MAT requirement.

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
HWE 1080	Internship	1
Subtotal		9
Total Credits		9