

# Exercise Science Certificate

## First Semester

<a href="#"><u>ALH1050</u></a>	Introduction to Exercise Science	3
<a href="#"><u>HLT1100</u></a>	Health Terminology	1
<a href="#"><u>NUR1150</u></a>	CPR & First Aid	1
<a href="#"><u>OIS1240</u></a>	Computer Applications- <b>offered at Pleasant HS</b>	3
<a href="#"><u>PSY1100</u></a>	Introduction to Psychology- <b>offered at Pleasant HS</b>	3
<a href="#"><u>BIO1140</u></a>	Basic Anatomy and Physiology	4

## Second Semester

<a href="#"><u>ALH2000</u></a>	Exercise in Special Populations	2
<a href="#"><u>ALH2650</u></a>	Strength Training and Exercise Prescrip	3
<a href="#"><u>ALH2670</u></a>	Exercise Science Seminar/Directed Practice	1

<b><u>MGT1400</u></b>	Introduction to Management	3
<b><u>BIO1110</u></b>	Human Nutrition-offered at Pleasant HS	3
<b><u>BIO1150</u></b>	Exercise Physiology	3

Total Credit Hours: 30