



Fitness and Health

Associate of Science Degree Course Requirements

Student _____ Student Identification Number _____ Date _____

Course Number	Course Title	Credits	Semester offered	Semester completed	Grade
Required Program Courses:					
BIOL 1005	Medical Terminology	1	F/S	_____	_____
BIOL 2005	Fundamentals of Nutrition	3	F/S/SS	_____	_____
HLTH 1010	Personal, Tribal and Community Health	3	F	_____	_____
HLTH 1032	Health Care Provider-CPR & First Aid	1	S	_____	_____
HLTH 1050	Emergency Response/First Responder	3	F/S	_____	_____
PE 1040	Introduction to Conditioning	1	F/S	_____	_____
PE 1041	Weight Training	1	F/S	_____	_____
PE 1046	Fitness Yoga	1	F/S	_____	_____
PSYC 1030	Drug Use & Abuse	3	F/S	_____	_____
PSYC 2001	General Psychology	4	F/S/SS	_____	_____
PSYC 2010	Developmental Psychology	4	F/S/SS	_____	_____
SOC 1020	Human Relations	3	F/S	_____	_____
SPCH 1020	Interpersonal Communication	3	F/S	_____	_____

31 Credits

General Education Requirements:

Goal 1: Communication

ENGL 1101	College Composition	3	F/S/SS	_____	_____
ENGL 1102	Advanced College Composition	3	F/S/SS	_____	_____
SPCH 1010	Public Speaking	3	F/S/SS	_____	_____

Goal 2: Critical Thinking

Students who have completed 40 credits of Minnesota Transfer requirements will have completed the goal and competencies of Critical Thinking.

Goal 3: Natural Sciences

BIOL 1101	General Biology I	4	F/S	_____	_____
BIOL 2020	Human Anatomy & Physiology I	4	F/S	_____	_____

Goal 4: Mathematical/Logical Reasoning (Choose one of the Following)

Math 1010	College Algebra or Math 1030 Statistics	3	F/S/SS	_____	_____
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Goal 5: History and the Social and Behavioral Science

SOC 1001	Intro to Sociology (Group 1)	3	F/S/SS	_____	_____
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Goal 6: Humanities and Fine Arts

PHIL 2010	Ethics	3	F/S/SS	_____	_____
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Goal 7: Human Diversity

Fulfilled by Human Relations

Goal 8: Global Perspective

Fulfilled by Developmental Psychology

Goal 9: Ethic & Civic Responsibility

AMIN 1050	Anishinaabeg of Lake Superior	3	F/S/SS	_____	_____
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29 Credits

Total Credits required: 60

Associate of Arts Degree Option:

To earn an Associate of Arts degree in addition to the Associate of Science degree outlined above, the student must complete a course from each of the following goal areas:

Goal 5: History and the Social and Behavioral Science (one course from Group 2)

Goal 6: Humanities (one course from different discipline)

Goal 10: People and the Environment

Fond du Lac Tribal and Community College reserves the right to change when courses are offered. Program requirements are subject to annual review and revision. Students should use this program plan as a guide when selecting courses to complete a degree in a major. It is important that students consult with an advisor/counselor prior to registering for courses each semester.

This document is available in alternative formats to students with disabilities by calling 218-879-0805 (voice and TTY).