# Fitness and Health

## Associate of Science Degree Course Requirements

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

**Required Program Courses:**

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

### Goal 5: History and the Social and Behavioral Science
- SOC 1001 Intro to Sociology (Group 1): 3 F/S/SS

### Goal 6: Humanities and Fine Arts
- PHIL 2010 Ethics: 3 F/S/SS

### 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

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).

AASC Approved 4/20/17