

Advisor \_\_\_\_\_  
 Assigned By \_\_\_\_\_



Name \_\_\_\_\_  
 Date \_\_\_\_\_

# EDUCATIONAL PLAN

## Associate in Arts

### Physical Education-Exercise Science

Course Placement Recommendations: English \_\_\_\_\_ Reading \_\_\_\_\_ Math \_\_\_\_\_

ENGL 098  
 ENGL 099

READ 099

MATH 095  
 MATH 096

MATH 098  
 MATH 099

Recommended course schedule

Fall Quarter, First Year

	<u>Credits</u>
ENGL& 101 English Composition I (C)	5
MATH& 146 Introduction to Stats (M)	5
PSYC& 100 General Psychology (SS)	5
PE 229 Personal Fitness (HF)	OR
HLTH 145 Safety & Fitness (HF)	<u>3</u>
	18

Winter Quarter, First Year

	<u>Credits</u>
CHEM& 121 Intro to Chemistry (S)	5
ENGL& 102 Composition II (C)	5
NUTR& 101 Nutrition (S)	5
PE 150/152/153 (HF)	<u>1</u>
	16

Spring Quarter, First Year

	<u>Credits</u>
BIOL& 170 Human Biology (S)	5
CMST& 220 Public Speaking (H)	5
Humanities Distribution (H)	5
PE 125/140/142 (HF)	<u>1</u>
	16

Fall Quarter, Second Year

	<u>Credits</u>
HLTH 140 Exercise and Nutrition (HF)	3
SOC& 101 Intro to Sociology (SS)	5
BIOL& 241 Human A & P 1 (S)	<u>5</u>
	13

Winter Quarter, Second Year

	<u>Credits</u>
HLTH 130 Health and Wellness (HF)	3
Humanities Distribution (H)	5
BIOL& 242 Human A & P 2 (S)	<u>5</u>
	13

Spring Quarter, Second Year

	<u>Credits</u>
CHEM& 131 Intro to Organic/Biochemistry (S)	5
HLTH 154 First Aid/CPR	1
Social Science Distribution (SS) (D)	5
PSYC& 200 Lifespan Psychology (SS)	<u>5</u>
	16

Students are required to complete 3-5 credits in a Diversity course (D). A list of courses that satisfy the Diversity Requirement can be found in the college catalog.

QTR/YR \_\_\_\_\_ CREDITS \_\_\_\_\_

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# Physical Education, Health, and Recreation

EMPHASIS: Exercise Science

DEGREE: Associate in Arts

## Purpose:

The Associate in Arts degree with an emphasis in Exercise Science is designed for students wanting to transfer to a four-year college or university to complete a bachelor's degree. This educational plan is well suited for students preparing for a career in exercise science.

## Career Opportunities:

There are many career opportunities available to four year degree graduates. Graduates in the exercise sciences focus upon the prevention and care of athletic injuries, and cardiopulmonary conditioning for all age groups. These graduates often find work as exercise leaders, personal fitness trainers and fitness program directors in a variety of settings.

## Program Outcomes:

Please refer to the Distribution Requirements and their criteria listed on pages 5-6 of the 2014-2015 Centralia College catalog supplement.

## Learning Themes:

General education outcomes at Centralia College help students, faculty, and the general public identify exactly what learning is expected when a student has completed a degree or program. The administration, faculty, and staff have agreed upon the following five Learning Ability Themes which students can expect to encounter in most courses and by the completion of any degree or program.

## Reasoning:

The ability to extract information from data, develop ideas and solutions, establish logical progression in thinking, and problem solve using such procedures as literary analysis or the scientific methods.

## Written, Oral and Visual Communication:

The ability to make oneself understood in public, interpersonal, professional, artistic, and technical arenas.

## Exploration-Self and Others:

An awareness of the values, beliefs, customs, and contributions of persons from one's own and other traditions, ethnicities, classes, and genders.

## Resourcefulness:

The ability to adapt to change, such as technological innovations or environmental conditions.

## Responsibility:

The ability to be accountable to self, society, and the natural world.

**Note:** Students who plan on transferring to the University of Washington will also need to take one full-year of a foreign language if they have not studied that language for the required amount of time in high school. Also, students going to the University of Washington may wish to take at least one five-credit designated writing course. Enroll any quarter.

The Associate in Arts degree represents the broad knowledge generally acquired in the first two years of a four-year program leading to a Bachelor of Arts degree. When you have earned the AA from Centralia College, you may transfer to a baccalaureate institution within the state of Washington with assurance that you have satisfied all or most of the basic requirements (General University Requirements or Distribution Requirements). This means, generally, that AA transfer students can begin work on their specialized, major-area course-work as soon as they transfer.

## Centralia College has direct AA-degree transfer agreements with the following colleges:

Bastyr University - Central Washington University - City University - Cornish College of the Arts - Eastern Washington University - Gonzaga University - Heritage University - Northwest University - Pacific Lutheran University - Saint Martin's University - Seattle Pacific University - Seattle University - The Evergreen State College - Trinity Lutheran College - University of Washington - Washington State University - Western Washington University - Whitworth College

This Educational Plan is intended as a guide for students who wish to emphasize a specific area of study for the Associate in Arts degree. It is not a guarantee that the courses listed in the plan will be available in the sequence suggested. In some instances, due to low enrollment, some courses may not be offered at all.

### Estimated Quarterly Program Costs (subject to change without notice)

Resident Tuition (15 credits) and fixed fees*:	\$1427
US Citizen Nonresident Tuition (15 credits) and fixed fees*:	\$1576
Non US Citizen Nonresident Tuition (15 credits) and fixed fees*:	\$3381
*Tuition is subject to change due to State Legislative actions	
Books and supplies (estimate):	\$427
Lab fees:	Refer to quarterly class schedule.

*Centralia College provides equal opportunity in education and does not discriminate on the basis of race, gender, color, religion, national origin, age, marital status, sexual orientation, or disability.*