



## Education, Exercise Science, Sports or Personal Training

Looking for a career change in education, exercise science, sports or personal training? Triton College can make that happen!

We are committed to developing leaders and generating ideas that can change the world. Students, faculty and staff cooperate to create a positive learning environment where integrity, open dialog, teamwork and mutual respect are the rule. We strive to promote critical thinking skills and to instill a standard of excellence that translates directly into our students' practice and performance. Our personal focus and affordable tuition makes us an outstanding educational value, exceeding most students' expectations.

### What sets Triton apart from other two-year colleges?

- **Academic Excellence**  
We feature small class sizes, personalized, hands-on learning and a highly accomplished faculty with valuable professional experience.
- **Easily transferable credits**  
Most four-year and senior institutions around the country accept Triton's college credit courses as transfer credits.
- **Stimulating environment**  
Triton is a vibrant and diverse community with state-of-the-art facilities on an inviting campus, just a few miles from one of the world's most dynamic cities.
- **Exceptional value**  
Compared to other institutions, you can save up to 90 percent of your total education costs each year without sacrificing the quality of your education.

For more information, please contact Dr. Julianne Murphy at (708) 456-0300, Ext. 3358 or e-mail [juliannemurphy@triton.edu](mailto:juliannemurphy@triton.edu).

Triton College is an Equal Opportunity/Affirmative Action Institution.

Triton College is accredited by the Higher Learning Commission (hlcommission.org), a regional accreditation agency recognized by the U.S. Department of Education.



**Triton College**

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## HEALTH, SPORT, & EXERCISE SCIENCE DEPARTMENT

- Associate of Science – A.S. in:  
Health, Sport, & Exercise Science  
Area of Concentration
- Athletic Training
  - Coaching
  - Physical Education Teaching
  - Sports and Recreation
  - Wellness and Nutrition

Certificate Program in:  
Personal Training

**WE ARE TRITON.**



**Triton College**  
[triton.edu](http://triton.edu) | #WeRTriton



# HEALTH, SPORT, & EXERCISE SCIENCE DEPARTMENT

Triton's Health, Sport, & Exercise Science Department offers a program that is as diverse as Triton's student body. If you want to major in physical education, health or exercise science, want to be involved in sports or are simply interested in keeping fit, you can choose from a variety of transferable credit courses/concentrations. The schedule shown below is provided as guidance to students seeking the associate in science degree.

## Health, Sport, & Exercise Science Associate in Science Degree General Education Core<sup>2</sup>:

12 courses (41-42 semester credits)

### Communications 9 Credit Hours

Three courses (nine semester credits)

RHT 101	Freshman Rhetoric & Composition I <sup>1</sup>	.....3
RHT 102	Freshman Rhetoric & Composition II <sup>1</sup>	.....3
SPE 101	Principles of Effective Speaking	.....3
		<b>9</b>

### Social & Behavioral Science 6 Credit Hours

Two courses (six semester credits) with courses selected from at least two disciplines.

Recommended Social & Behavioral Science Courses:

PSY 100	Introduction to Psychology	.....3
SOC 100	Introduction to Sociology	.....3
		<b>6</b>

### Humanities & Fine Arts<sup>2</sup> 6 Credit Hours

Two courses (six semester credits) with at least one course selected from Humanities and at least one course from Fine Arts. Graduation from an Illinois college or university requires satisfactory completion of one or more courses incorporating human diversity which may be taken as a humanities and fine arts or social and behavioral science course. These courses are notated with an asterisk (\*).

### Math<sup>2</sup> 7 Credit Hours

(2) Two courses (seven semester credits)

MAT 170 and one of the following: MAT 124, MAT 101, MAT 102

### Physical Life Science<sup>2</sup>

13-14 Credit Hours

Three courses (13-14 credit hours) with at least one course selected from Life Sciences and one course from Physical Sciences.

BIS 150 and two of the following: BIS 101, PHY 101, CHM 140.

### Required Health, Sport & Exercise Science Core:

	Credit Hours	
HTH 104	Science of Personal Health	.....2
HTH 120	Nutrition Science	.....3
BIS 240	Anatomy and Physiology I	.....4
PED 153	Foundations of Exercise	.....3
HTH 281	First Aid & CPR	.....2
OR		
PED 106	Total fitness	.....1
		<b>14-15</b>

### Area of Concentration Courses:

Must complete 6 credit hours from one of the following options:

#### Athletic Training Concentration:

PED 200	Introduction to Biomechanics	.....3
HTH 220	Athletic Training Techniques	.....3
HTH 221	Sport Specific Training & Rehabilitation	.....3

#### Physical Education/Coaching Concentration:

PED 194	Principles of Coaching	.....3
HTH 220	Athletic Training Techniques	.....3
PED 201	Sports Officiating	.....2
PED 150	Introduction to Physical Education, Fitness, and Sport	.....3
PED 196	Sport & Exercise Psychology	.....3
PED 197	Sociology of Sport	.....3
PED 100-level	Activity Class	.....1

#### Health and Wellness Concentration:

HTH 175	Drug and Alcohol Education	.....3
HTH 202	Culture and Food	.....3
PSY 207	Health Psychology	.....3
HTH 110	Public Health and Wellness	.....3

#### Sport Management, Fitness and Recreation Concentration:

PED 195	Introduction to Sport Management	.....3
PED 194	Principles of Coaching	.....3
PED 196	Sport and Exercise Psychology	.....3
PED 197	Sociology of Sport	.....3
PED 275	Facilities Management	.....3

Select courses that meet the BS requirements of your transfer college.

General education requirements: AS degree .....41-42

Health, Sport & Exercise Science courses or

other electives for AS degree .....19-20

Total Credits .....60-62

## Personal Training Certificate

Curriculum C336A

This program provides the educational background specific to individuals pursuing job opportunities within the Sport and Fitness industry. The curriculum provides a basic foundation needed to analyze human body functions and the means to train the body to achieve the highest level of performance. The curriculum prepares the individual with the knowledge and skills for certification testing and accreditation by certifying organizations (i.e., American Council on Exercise). Job opportunities include personal trainer and/or positions available at fitness locations (i.e., health clubs, hospital fitness centers, corporate fitness centers, etc.)

Program prerequisite: Student must have current CPR certification or must have completed HTH 281 or HTH 181 prior to enrolling in this program.

### Semester One

Credit Hours

BIS 101	Human Biology	.....4
HTH 104	Science of Personal Health	.....2
PED 153	Foundations of Exercise	.....3
PED 195	Introduction to Sport Management	.....3
HTH 120	Nutrition Science	.....3

### Semester Two

PED 168	Theory and Practice of Weight Training	.....2
PED 200	Introduction to Biomechanics	.....3
PED 210	Exercise, Testing and Prescription	.....3
PED 230	Sport & Exercise Science Practicum	.....1
SPE 101	Principle of Effective Speaking	.....3
	Elective(s)	.....3

**30**

<sup>1</sup> Grade of 'C' or better is an IAI requirement.

<sup>2</sup> See Associate in Science Degree requirements, (U230A) listed in the College Catalog.

<sup>3</sup> The number of required elective credit is determined by the program options completed.