



## Personal Training

Physical Education Department-Spencer Mack-(435)283-7023-spencer.mack@snow.edu

✕	Course	Credits	Semester	Online	Milestones
	<b>Freshman (Semester 1)</b>				
	PE 2500 Personal Training	3	Fall, Spring		Meet with your academic advisor. Earn 2.0 GPA or higher (Bachelor's degree may require higher GPA)
	PE 1096 Fitness and Wellness	1	Fall, Spring, Summer	X	
	PE 1073 Circuit Training	1	Fall, Spring		
	HFST 1020 Foundations of Nutrition	3	Fall, Spring, Summer	X	
	MATH 0850 Math Literacy	4	Fall, Spring		
	GNST 1200 Foundations	3	Fall, Spring		
	Total Credits	15			
	<b>Freshman (Semester 2)</b>				
	CHEM 1110 Elementary Chemistry	4	Fall, Spring, Summer	X	Meet with your academic advisor. Earn 2.0 GPA or higher (Bachelor's degree may require higher GPA)
	CHEM 1115 Elementary Chemistry Lab	1	Fall, Spring, Summer	X	
	PE 2600 Intro. to Sports Medicine	3	Fall, Spring		
	PE 1085 Weight Training	1	Fall, Spring		
	MATH 1040 Intro. To Statistics	3	Fall, Spring, Summer		
	ENGL 1010 Expository Writing	3	Fall, Spring, Summer	X	
	Total Credits	15			
	<b>Sophomore (Semester 1)</b>				
	BIOL 2320 Human Anatomy	3	Fall, Spring, Summer		Meet with your academic advisor. Earn 2.0 GPA or higher (Bachelor's degree may require higher GPA) Apply for graduation.
	BIOL 2325 Human Anatomy Lab	1	Fall, Spring, Summer		
	PSY 1010 General Psychology	3	Fall, Spring, Summer	X	
	Fine Arts	3	Fall, Spring, Summer	X	
	ENGL 2010 Inter. Research Writing	3	Fall, Spring, Summer	X	
	DANC 1210 Yoga I	1	Fall, Spring		
	PE 1015 Spinning	1	Fall, Spring		
	Total Credits	15			
	<b>Sophomore (Semester 2)</b>				
	BIOL 2420 Human Physiology	3	Fall, Spring		Meet with your academic advisor. Earn 2.0 GPA or higher (Bachelor's degree may require higher GPA) Declare Bachelor's degree major.
	BIOL 2425 Human Physiology Lab	1	Fall, Spring		
	Humanities	3	Fall, Spring, Summer	X	
	PE 1543 First Aid	3	Fall, Spring, Summer		
	American Insitution	3	Fall, Spring, Summer	X	
	BUS 1600 Entrepreneurship Seminar	1	Fall, Spring	X	
	PE 1010 Aerobics	1	Fall, Spring		
	Total Credits	15			

*\*For most recent information, students must contact their transfer institution directly.\**