

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.

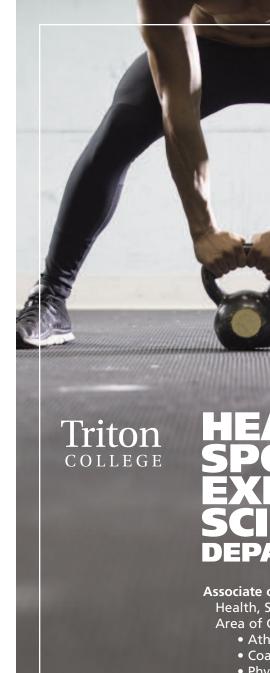






www.triton.edu admissions@triton.edu

COLLEGE 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



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 Core²:

12 courses (41-42 semester credits)

Com	mun	ications	9 Credit Hours
Thre	e cou	rses (nine semester credits)	中。1988年1995年1
		Freshman Rhetoric & Composition I ¹	3
RHT	102	Freshman Rhetoric & Composition II ¹	3
SPE	101	Principles of Effective Speaking	3
B 533		the same of the sa	9

Social & Behavioral Science Two courses (six semester credits) with courses select

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

6 Credit Hours

Reco	mme.	nded Social & Behavioral Science Courses:	
PSY	100	Introduction to Psychology	3
		Introduction to Sociology	
9 1999			6

Humanities & Fine Arts² 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 (*).

Math² 7 Credit Hours (2) Two courses (seven semester credits)

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

Physical Life Science²

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.

13-14 Credit Hours

Required Health, Sport & Exercise Science Core:

		THE RESERVE OF THE PARTY OF THE	The Distance of the Park	CARLES OF PROPERTY.	Credit Hours
	HTH 104	Science of Personal Health	and the second second		2
	HTH 120	Nutrition Science		- 122	3
	HTH 281	First Aid & CPR		A 10 15 15	2
ä	PED 153	Foundations of Exercise			3
ě				Mad De .	10

Area of Concentration Courses:

(9 semester credits) Students will choose courses from one of the following areas:

Physical Education Teaching Concentration:

PED	150	Introduction to Physical Education	2
PED	159	Selected Team & Recreational Sports	3
THE RESERVE AND ADDRESS.		Elementary School Games	The state of the s
PED	106	Total Fitness	Action Collector Sail Vill
3 370-56	T STEEL	The state of the s	Charles Continue to the Contin

Athletic Training Concentration:

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

Coaching Concentration

		Principles of Coaching
PED	196	Sport & Exercise Psychology OR
PED	197	Sociology of Sport
No.	_	

Wellness and Nutrition Concentration

HTH 175	Drug and Alcohol Education3
	Culture and Food3
PSY 207	Health Psychology <u>3</u>

Sports and Recreation Concentration.

'ED 201	Sports Officiating	6.5
PED 100	Activity course option	A STATE OF THE STA
PED 194	Principles of Coaching.	

One of the following options

PED	195	Sport Management	OR

PED 275	Facilities	Management	OR
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PED 197 Sports Sociology OR

PED 1	96	Sport and	Exercise P	sychology.
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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 BIS 101 Human Biology HTH 104 Science of Personal Health PED 153 Foundations of Exercise PED 195 Introduction to Sport Management HTH 120 Nutrition Science

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

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¹ Grade of 'C' or better is an IAI requirement.

² See Associate in Science Degree requirements, (U230A) listed in the College Catalog

³ The number of required elective credit is determined by the program options completed