



## 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**  
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Triton  
COLLEGE

# 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

# 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)

<b>Communications</b>	<b>9 Credit Hours</b>
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>

<b>Social &amp; Behavioral Science</b>	<b>6 Credit Hours</b>
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>

<b>Humanities &amp; Fine Arts<sup>2</sup></b>	<b>6 Credit Hours</b>
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 (*).	

<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.

<b>Math<sup>2</sup></b>	<b>7 Credit Hours</b>
(2) Two courses (seven semester credits) MAT 170 and one of the following: MAT 124, MAT 101, MAT 102	

<b>Physical Life Science<sup>2</sup></b>	<b>13-14 Credit Hours</b>
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:

	<b>Credit Hours</b>
HTH 104 Science of Personal Health .....	2
HTH 120 Nutrition Science .....	3
HTH 281 First Aid & CPR .....	2
PED 153 Foundations of Exercise .....	3
	<b>10</b>

### Area of Concentration Courses:

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

<b>Physical Education Teaching Concentration:</b>	
PED 150 Introduction to Physical Education .....	2
PED 159 Selected Team & Recreational Sports .....	3
PED 169 Elementary School Games .....	3
PED 106 Total Fitness .....	1
	<b>9</b>

<b>Athletic Training Concentration:</b>	
PED 200 Introduction to Biomechanics .....	3
HTH 220 Athletic Training Techniques .....	3
HTH 221 Sport Specific Training & Rehabilitation .....	3
	<b>9</b>

<b>Coaching Concentration:</b>	
HTH 220 Athletic Training Techniques .....	3
PED 194 Principles of Coaching .....	3
PED 196 Sport & Exercise Psychology OR	
PED 197 Sociology of Sport .....	3
	<b>9</b>

<b>Wellness and Nutrition Concentration:</b>	
HTH 175 Drug and Alcohol Education .....	3
HTH 202 Culture and Food .....	3
PSY 207 Health Psychology .....	3
	<b>9</b>

### Sports and Recreation Concentration:

PED 201 Sports Officiating .....	2
PED 100 Activity course option .....	1
PED 194 Principles of Coaching .....	3
One of the following options	
PED 195 Sport Management OR	
PED 275 Facilities Management OR	
PED 197 Sports Sociology OR	
PED 196 Sport and Exercise Psychology .....	3
	<b>9</b>

### 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.

<b>Semester One</b>	<b>Credit Hours</b>
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

<b>Semester Two</b>	
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**