

**Exercise Science Certificate  
One-Year Technical Certificate  
(Effective Academic Year 2020-21)**

Course No	Course Title	Credits	OTM, TAG, CT <sup>2</sup> approved course	Term(s) Offered	Course Requirements
<b>FIRST SEMESTER (Fall)</b>					
NUR1150	CPR & First Aid	1		ALL	None
HLT1100	Health Terminology	1		ALL	None
SCI1100	Basic Anatomy & Physiology	4		ALL	ALH1110 or HLT1100 can be taken before or concurrently with this course.
OIS1240	Computer Applications	3	OBU003	ALL	Appropriate Placement Score or OIS1200.
PSY1100	Introduction to Psychology	3	OSS015; OTM-TMSBS.	ALL	Appropriate Placement Score or ENG0970.
ALH1050	Introduction to Exercise Science	3	CTES001	FA, SP	None
<b>SECOND SEMESTER (Spring)</b>					
NTR1100	Nutrition	3	OHL016	ALL	None
MKT2030	Principles of Marketing	3	OBU006	FA, SP	OIS1240 and ECN2000 can be taken before or concurrently with this course.
SCI1150	Exercise Physiology	3		SP	SCI1100 or SCI1200.
ALH2000	Exercise in Special Populations	2		FA, SP	ALH1050, SCI1100. HLT1100 must be taken before or concurrently with this course.
ALH2650	Strength Training & Exercise Prescription	3		SP	SCI1050, SCI1100. HLT1100 must be taken before or concurrently with this course.
ALH2670	Exercise Science Seminar/Directed Practice	1		SP	ALH2000, SCI1150. ALH2650 must be taken before or concurrently with this course.
<b>Total Credit Hours</b>		<b>30</b>			

**Occupational Certification Opportunities:**  
National Strength and Conditioning