

CSC Exercise Science and Personal Training

The following provides information regarding courses required to complete this major at Virginia Western for planning purposes only. Please see the Academic Catalog and full disclosure statement at <http://catalog.virginiawestern.edu>.

Completed Course	Course Title	Credit	Requisite	Term Offered
HLT 100	First Aid and Cardiopulmonary Resuscitation	3		F, Sp, Su
HLT 125	Anatomy and Physiology for Exercise Science	3		F, Sp
HLT 230	Principles of Nutrition and Human Development	3		F, Sp, Su
PED 107	Exercise and Nutrition I	2		F, Sp, Su
PED 111	Weight Training I	1		F, Sp, Su
HLT 206	Exercise Science	3	HLT 125 MTE 1-2	Sp
HLT 208	Fitness and Exercise Training	3	HLT 100 MTE 1-2	F
HLT 217	Exercise and Nutrition for Behavioral Change	3		Sp
HIM 249	Supervision and Management Practices	3	MTE 1-2	Sp
PED 109	Yoga	1		F, Sp, Su
HLT 290	Coordinated Internship	3	HLT 100 HLT 125 HLT 206 HIM 249 HLT 217 MTE 1-2	F, Su

****MTE classes are developmental courses. Students may place out of these classes based on various measures, including high school GPA, standardized test scores, or placement testing.**

Total program credits: 28

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