Program Requirements

Goal 1: Communication ...................... 7

Goal 2: Social and Behavioral Sciences .............. 3

Goal 3: Natural Sciences ....................... 3

Goal 4: History, Social Science and Behavioral Sciences ....... 3

Goal 5: PSYC 1750 Introduction to Health Psychology – 3 cr

Goal 6: Humanities and Fine Arts. .................... 3

General Education Requirements ................. 16

Total Program Credits .......................... 60

Program Start Dates

Fall, Spring, Summer

Course Sequence

For part-time or customized course sequence contact Jeremy Sartain at 651.846.1619 or email jeremy.sartain@saintpaul.edu. Not all courses are offered each semester; a selection of courses is offered summer term. Students should consult with the Program Faculty each semester.

Minimum Program Entry Requirements

Students entering this program must meet the following minimum program entry requirements:

Reading: Score of 78+ or grade of “C” or better in READ 0722

Writing: Score of 78+ or grade of “C” or better in ENGL 0922

Arithmetic: Score of 20+

Assessment Results and Prerequisites:

Students admitted into Saint Paul College programs may need to complete additional courses based on assessment results and course prerequisite requirements. Certain MATH, READ, and ENGL courses have additional prerequisites.

Program Faculty

Jeremy Sartain jeremy.sartain@saintpaul.edu

Day and Evening Classes

Classes may be offered day and evening.

Textbook and Supply Costs

Students should expect to spend approximately $1,300.00 for books and supplies. This cost is in addition to tuition and fees.

Program Requirements

☐ Check off when completed
☐ All technical courses (HLTH) must be successfully completed with a grade of “C” or better.

Course Cr
☐ HLTH 1418 Somatic Practitioner: Business & Ethics ......................... 2
☐ HLTH 1421 Anatomy & Physiology for the Somatic Practitioner .................. 4
☐ HLTH 1422 Health and Wellness Coaching ............ 4
☐ HLTH 1425 Clinical Applications in Kinesiology .......... 3
☐ HLTH 1465 Functional Holistic Nutrition .............. 4
☐ HLTH 1485 Therapeutic Exercise ......................... 5
☐ HLTH 1610 Sport and Exercise Coaching ............ 5
☐ HLTH 1620 Advanced Concepts in Training ............ 5
☐ HLTH 1630 Functional Exercise Physiology ........... 3
☐ HLTH 1690 Sport and Exercise Sciences Internship .......................... 5
☐ HLTH 1900 Pathology for the Somatic Practitioner .................. 4

Subtotal ........................................ 44

General Education/MnTC Requirements Cr

Refer to the Minnesota Transfer Curriculum Course List for each Goal Area

☐ Goal 1: Communication .......................... 7

ENGL 1711 Composition 1 – 4 cr

COMM 17XX – 3 cr

☐ Goal 2: Social and Behavioral Sciences .............. 3

PSYC 1750 Introduction to Health Psychology – 3 cr

☐ Goal 6: Humanities and Fine Arts .................... 3

General Education Requirements .......... 16

Total Program Credits ....................... 60

Career Opportunities

The US Bureau of Labor and Statistics listed Sport, Exercise and Fitness as one of the top need for workers in these areas.

Employment will continue to rise increasing the benefits of health and fitness programs for their employees, corporate wellness program insurance organizations continue to recognize the need for workers in these areas.

Employment is expected to grow by 21 percent from 2014-2024 much faster than average for all occupations. As businesses and education/Continued

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Course Sequence

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First Semester
HLTH 1418 Somatic Practitioner: Business & Ethics .............................................. 2
HLTH 1421 Anatomy & Physiology for the Somatic Practitioner .......................... 4
HLTH 1422 Health and Wellness Coaching ............................................................. 4
HLTH 1610 Sport and Exercise Coaching ............................................................... 5
Total Semester Credits ................................................................. 15

Second Semester
HLTH 1425 Clinical Applications in Kinesiology ...................................................... 3
HLTH 1485 Therapeutic Exercise ................................................................. 5
HLTH 1620 Advanced Concepts in Training .......................................................... 5
Total Semester Credits ................................................................. 13

Third Semester
HLTH 1465 Functional Holistic Nutrition ................................................................. 4
HLTH 1630 Functional Exercise Physiology .......................................................... 3
HLTH 1690 Sport and Exercise Sciences Internship .................................................. 5
HLTH 1900 Pathology for the Somatic Practitioner .................................................. 4
Goal 5: PSYC 1750 Introduction to Health Psychology (recommended). .............. 3
Total Semester Credits ................................................................. 19

Fourth Semester
Goal 1: ENGL 1711 Composition 1 ................................................................. 4
Goal 1: COMM 17XX ................................................................. 3
Goal 3: BIOL 1760 Nutrition (recommended). ........................................... 3
Goal 6: Humanities and Fine Arts ................................................................. 3
Total Semester Credits ................................................................. 13

Total Program Credits ................................................................. 60

Transfer Opportunities

Saint Paul College has a transfer articulation agreement between the following program and post-secondary institutions for the baccalaureate degree programs listed below. For more information please go to saintpaul.edu/transfer.

**Sport and Exercise Sciences AAS**

<table>
<thead>
<tr>
<th>Degree</th>
<th>Institution</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>BA</td>
<td>Concordia University, St. Paul</td>
<td>Exercise Science</td>
</tr>
<tr>
<td>BA</td>
<td>Concordia University, St. Paul</td>
<td>Health Care Administration</td>
</tr>
<tr>
<td>BA</td>
<td>Metropolitan State University</td>
<td>Individualized Studies</td>
</tr>
<tr>
<td>BA</td>
<td>Concordia University</td>
<td>Kinesiology</td>
</tr>
<tr>
<td>BAS</td>
<td>Concordia University</td>
<td>Exercise Science</td>
</tr>
<tr>
<td>BS</td>
<td>Concordia University, St. Paul</td>
<td>Healthcare Leadership &amp; Administration</td>
</tr>
<tr>
<td>BS</td>
<td>Winona State University</td>
<td>Healthcare and Human Service Management</td>
</tr>
<tr>
<td>BS</td>
<td>Saint Mary’s University, Twin Cities Campus</td>
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</tbody>
</table>

**Sport and Exercise Sciences AAS (continued)**