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
☐ Goal 1: COMM 17XX ......................... 3
☐ Goals 1-10: Minnesota Transfer Curriculum
  PSYC 1750 Introduction to Health Psychology (recommended) ................. 3
General Education Requirements ............. 6
Total Program Credits  ........................ 50

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.

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
Goal 1: COMM 17XX ......................... 3
Total Semester Credits .................. 16

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

Total Program Credits .................. 50

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
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.

Degree option may have a greater requirement than this diploma.