

ASSOCIATE OF APPLIED SCIENCE - BUSINESS, PERSONAL TRAINER ENTREPRENEURSHIP EMPHASIS

The Associate of Applied Science In Business, Personal Trainer Entrepreneurship Emphasis is a useful two-year degree in which you will undertake a broad spectrum of entrepreneurship and personal training classes that will provide you with a strong foundation of business knowledge in order to prepare you to start your own business ventures. The required personal trainer courses will prepare you to become a certified personal trainer with your choice of national certification agencies through a comprehensive program covering safe and effective exercise, fitness testing and analysis, body mechanics, wellness fundamentals, proper nutrition, and business management skills.

Degree Outcomes

Students completing this emphasis will:

- Demonstrate their proficiency and knowledge of the fundamentals of small business management.
- Apply skills and knowledge of safe and effective personal training fundamentals and techniques.
- Meet all requirements to become certified personal trainers.

Students must be CPR and first aid certified to participate in this program. EMS 101 - CPR and First Aid, is strongly recommended.

AAS degrees are generally non-transfer degrees that are designed for students to enter the workforce.

To earn an AAS degree, students must:

1. Maintain a minimum cumulative GPA of 2.0 (see requirements for graduation.)
2. Complete a minimum of 15 units within the college.
3. Satisfy General Education requirements for the AAS (<http://catalog.tmcc.edu/degrees-certificates/general-education/aas>).
4. Have no financial or library obligation to the college.

General Education Requirements

*Communications/English*¹ 6

Recommended:

BUS 106, BUS 107, ENG 108, EPY 101

Fine Arts/Humanities/Social Science 3

Recommended:

ANTH 208 Fundamentals of Cultural Diversity

or

PSY/SOC 276 Aging in Modern American Society

Human Relations 3

Recommended:

MGT 212 Leadership and Human Relations

Mathematics 3

MATH 120 or Higher

Recommended:

BUS 117 Applied Business Math
or MATH 120 Fundamentals of College Mathematics

Science

Required:

NUTR 121 Human Nutrition 3

Additional College Requirements

*Diversity*² [3]

Recommended:

ANTH 208 Fundamentals of Cultural Diversity

or

PSY/SOC 276 Aging in Modern American Society

U.S. and Nevada Constitutions 3

Choose 1 or 2 courses from the following:

PSC 101 Introduction to American Politics
or CH 203 American Experiences and Constitutional Change

HIST 101 US History to 1877
& HIST 102 and U. S. History since 1877

HIST 101 US History to 1877
& HIST 217 and Nevada History

HIST 101 US History to 1877
& PSC 100 and Nevada Constitution

HIST 101 US History to 1877
& PSC 208 and Survey of State and Local Government

Degree Requirements

ENT 200 Fundamentals of Entrepreneurship 3

ENT 230 Financing Your Small Business Venture 3

ENT 240 Marketing for Small Business 3

ENT 280 Entrepreneurship and Business Plan Development 3

Emphasis Requirements

PEX 173 Circuit Training 1

PEX 174 Fitness Principles and Practices 2

PEX 183 Weight Training 1

PTR 100 Introduction to Personal Training 3

PTR 120 Techniques of Teaching Weight Training 1

PTR 202 Anatomy and Physiology I for Massage and Fitness Professionals 4

PTR 205 Fitness Analysis and Application 3

PTR 208 Anatomy and Physiology II for Massage and Fitness Professionals 4

PTR 210 Kinesiology for Massage and Fitness Professionals 3

PTR 250 Personal Training Practicum 2

Electives 3

Choose 3 elective units from PEX or PTR courses.

Total Units 60

Course	Title	Units
1st semester		
Communications ⁴		3
Mathematics ⁴		3
ENT 200	Fundamentals of Entrepreneurship	3
NUTR 121	Human Nutrition	3

PTR 100	Introduction to Personal Training	3
PEX 173	Circuit Training	1-2
Semester Total		16
2nd semester		
English ⁴		3
ENT 230	Financing Your Small Business Venture	3
PEX 174	Fitness Principles and Practices	1-3
PEX 183	Weight Training	1-2
PTR 202	Anatomy and Physiology I for Massage and Fitness Professionals	4
PTR 205	Fitness Analysis and Application	3
Semester Total		16
3rd semester		
Diversity/Fine Arts/Human Relations/Social Science ⁴		3
ENT 240	Marketing for Small Business	3
PTR 208	Anatomy and Physiology II for Massage and Fitness Professionals	4
PTR 210	Kinesiology for Massage and Fitness Professionals	3
PTR 120	Techniques of Teaching Weight Training	1
Semester Total		14
4th semester		
U. S. and Nevada Constitutions ⁴		3
ENT 280	Entrepreneurship and Business Plan Development	3
Human Relations ⁴		3
Elective ⁴		3
PTR 250	Personal Training Practicum	2
Semester Total		14
Total Units		60

³ See approved General Education list for the AA/AS Degree. (<http://catalog.tmcc.edu/degrees-certificates/general-education/aa-as>)

⁴ See program recommendations or requirements.