

INTERNAL PRACTICUM

Students will work with the Internship Supervisor in developing a learning experience that will adhere to their future career goals and the course requirements. Internal practicums are completed on campus at ACC's Fitness Center and Swimming Pool complex allowing students supervised hands-on experience in a learning facility. Students will be working with a diverse population that has a wide range of fitness abilities. For individuals pursuing either the A.A.S., degree or physical fitness specialist certificate the internal practicum is 3 credits/135 hours. The semester prior to enrolling in the practicum, the student must complete an internal practicum packet and have successfully completed HWE 248, HWE 122, HWE 237 and HWE 136 with a "C" or better.

CAREER OPPORTUNITIES

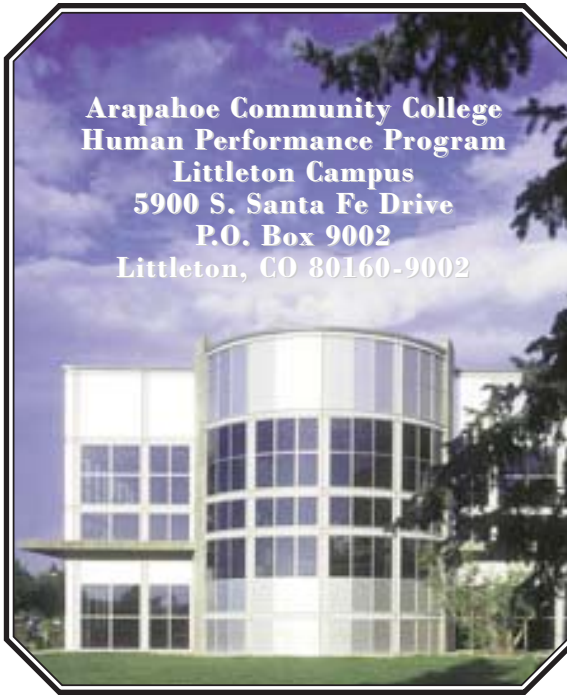
Students receive hands-on training to prepare for career opportunities in sports management, health and personal training, corporate and clinical settings, education, nutrition counseling, sport rehabilitation, leisure and recreation settings. For a more detailed listing of career opportunities, call 303.797.5856.

PROGRAM ADVISORS

Students are encouraged to meet regularly with their program advisor to make sure that their course selection meets the requirements of the College and major to which they plan to transfer.

Sophie Mabry - 303.797.5856

Advising (Janet Ludwig) 303.797.5652



ADDITIONAL PROGRAM INFORMATION

For additional information about Human Performance contact:
Sophie Mabry, M.A., ACSM Health & Fitness Specialist©
5900 South Santa Fe Drive
P.O. Box 9002
Littleton, CO 80160-9002
303.797.5856
sophie.mabry@arapahoe.edu
www.arapahoe.edu/deptprgms/num/index.html

For general information about admission to the college contact:
Admissions Office
303.797.4222
www.arapahoe.edu

Alternative formats of this document are available upon request.

EOE



Human Performance Associate of Applied Science or Certificate Program



- ◆ Are you interested in exploring the fun and rewarding profession of health and fitness?
- ◆ Join the fast-growing field of Human Performance.
- ◆ Receive hands-on training in exercise prescription, nutrition, health and wellness to meet the requirements of a new career.

Be Healthy.....
Get Moving.....
Enroll Today.....

Help someone reach their fullest potential

**BECOME A FITNESS
PROFESSIONAL TODAY!**





WHAT IS HUMAN PERFORMANCE (HUP)?

The program is designed to provide a comprehensive understanding of the scientific and psychological foundations of movement, exercise and health. Students in the HUP program receive skilled instruction in cardiovascular and strength training, health appraisals and fitness assessments, exercise prescription, behavior modification,

sport nutrition, equipment use and function, exercise psychology and safety as well as wellness concepts including smoking cessation, stress management, physical activity and weight management.

Receive practical hands-on experiences in our on-site fitness center, so you'll feel comfortable and prepared working with a diverse population. You may also continue on in pursuit of an advanced degree or national certification with American College of Sports Medicine (ACSM), National Strength Conditioning Association (NSCA) and American Council on Exercise (ACE), Aquatic Exercise Association (AEA), National Council Strength and Fitness (NCSF).

ADMISSION TO THE COLLEGE

Admission Checklist includes:

1. Complete an ACC Application for Admission - new students only (www.arapahoe.edu)
2. Apply for Financial Aid if needed (303.797.5661)
3. Take the ACCUPLACER Test for Reading, Writing and Mathematics meeting the minimum score in the Testing Office (303.797.5659). Required for all HUP students.
4. New students attend a Group Advising Session (303.797.5651)
5. Transfer students meet with an advisor (303.797.5652)
6. Contact Disability Services if needed (303.797.5937)
7. Sign up for classes, pick up your parking pass and student ID card.

Reasonable accommodations will be provided upon request for persons with documented disabilities. If you are a person with a disability who requires an accommodation to participate in the program, please notify Disability Services at 303.797.5937.

FINANCIAL AID

Financial Aid is available. Various sources are available to help students finance their college education: grants, loans and student employment. For more information, contact the Financial Aid Office at 303.797.5661.



ARTICULATION AGREEMENTS

The Human Performance Associate of Applied Science degree has an articulation agreement with Denver Public Schools as well as several four year colleges including Metropolitan State College of Denver. Students can earn college credits during

high school and transfer the approved courses to ACC. Students wishing to pursue their bachelor's degree may transfer their course work from ACC to MSCD or another 4 year college. The articulation agreements guarantee that the student's course work will transfer to these institutions.

HIGH SCHOOL STUDENTS

While in high school, select courses which will provide a solid background in science, math, communication and writing. Volunteer work at health fitness facilities, recreation centers, local health fairs and special events may provide valuable experiences in helping choose a career path. For volunteer opportunities at ACC's Fitness Center, please contact Perri Cunningham, Fitness Center Director, at 303.797.5853 or fitnesscenter@arapahoe.edu.

PROGRAM OPTIONS



HUMAN PERFORMANCE ASSOCIATE OF APPLIED SCIENCE DEGREE

The A.A.S. Human Performance degree integrates educational and practical skills needed to be a movement practitioner. It is recommended to those who may have plans to continue their education. The program includes

general education courses which make it possible to transfer a majority of the course work to a four year institution. The degree can be completed in four or more semesters.

SUGGESTED COURSE SEQUENCE HUMAN PERFORMANCE A.A.S. DEGREE

FIRST SEMESTER (FALL)

MAT 121 College Algebra	4 credits**
HWE 100 Human Nutrition	3 credits
HWE 230 Sport & Exercise Psychology	3 credits
PSY 101 General Psychology I	3 credits
BIO 111 General College Biology with Lab	5 credits
___ ___ Restrictd Elective	_____

SECOND SEMESTER (SPRING)

HWE 237 Exercise, Nutrition and Body Composition	3 credits
HWE 111 Health and Wellness	3 credits
COM 115 Public Speaking	3 credits
BIO 201 Human Anatomy & Physiology I	4 credits*
___ ___ Restrictd Elective	_____

THIRD SEMESTER (FALL)

ENG 121 English Composition I	3 credits**
HWE 122 Responding to Emergencies	2 credits
HWE 136 SMT Weight Training	3 credits
HWE 248 Guidelines for Exercise Testing & Prescription	3 credits
PED 100 – 275 Activity Based aquatic credit	1 credit
___ ___ Restrictd Elective	_____

FOURTH SEMESTER (SPRING)

BIO 202 Human Anatomy & Physiology II	4 credits*
PER 232 Care & Prevention of Athletic Injuries	3 credits
HWE 245 Physiology of Exercise	3 credits*
HWE 288 Internal Practicum	3 credits*

CHOICE OF RESTRICTED ELECTIVES

HWE 125 Intro to Human Performance	3 credits
HWE 255 Personal Training Prep Class	3 credits
PTA 176 Anatomical Kinesiology Lab	2 credits*
HPR 117 Anatomical Kinesiology	3 credits*
PED 100 – 275 Physical Education	1 credit
PER 151 Lifeguard Training	2 credits

* Prerequisite required, see ACC Catalog

** Students must score an 80 on the reading CPT, 95 on the sentence skills CPT, 85 on the mathematics CPT

*** One credit must be in aquatics

Total 60 credits



PHYSICAL FITNESS SPECIALIST CERTIFICATE

The Physical Fitness Specialist Certificate offers focused instruction for current professionals wanting to

update their skills and earn continuing education credits (CEC's) or for these who do not plan on continuing their education. The certificate can be completed in two or more semesters. Students should be aware that some of the required courses have prerequisites.

FIRST SEMESTER (FALL)

BIO 201 Human Anatomy & Physiology I	4 credits*
HWE 136 SMT Weight Training	3 credits
HWE 230 Sport & Exercise Psychology	3 credits
HWE 248 Guidelines for Exercise Testing & Prescription	3 credits
HWE 122 Responding to Emergencies	2 credits

SECOND SEMESTER (SPRING)

BIO 202 Human Anatomy & Physiology II	4 credits*
HWE 111 Health and Wellness	3 credits
HWE 237 Exercise, Nutrition and Body Composition	3 credits
HWE 245 Physiology of Exercise	3 credits*
HWE 288 Internal Practicum	3 credits*

* Prerequisite required, see ACC Catalog

Total 31 credits

