

ASSOCIATE DEGREE PROGRAM INFORMATION

Institution	Henry Ford College
Degree/Program	Fitness Leadership- AAS
Credits Required	60

MICHIGAN TRANSFER AGREEMENT (MTA)

The MiTransfer Pathways builds on the Michigan Transfer Agreement (MTA). The MTA allows transfer students to select designated courses to complete a minimum of 30 credit hours fulfilling MTA distribution requirements. Students following MiTransfer Pathway agreements should complete the MTA in accordance with the sending institutions' course designations and consider whether any recommended MiTransfer Pathways major-specific courses will "double count" to fulfill MTA distribution requirements in planning their transfer. More information about the MTA is available at www.mitransfer.org.

The MTA Mathematics distribution area allows students to complete one of three math pathways. The Exercise Science MiTransfer Pathways faculty recommended that students complete a course in the Pathway to Calculus. See Appendix B for specific mathematics requirements at participating universities.

MITRANSFER PATHWAYS COURSES

These courses are commonly agreed upon for transfer in this program around the state among participating institutions.

Pathway Course	Subject/ Course Number	Course Title	Credit Hrs
Anatomy & Physiology 1 (w/lab)	BIO 233	Anatomy and Physiology I (w/lab)	4
Anatomy & Physiology 2 (w/lab)	BIO 234	Anatomy and Physiology II (w/lab)	4
General Chemistry I (w/lab)	CHEM 131	General Chemistry (w/lab)	4
Overview of Exercise Science	N/A	N/A	-
Introduction to Psychology	PSY 131	Introduction to Psychology	3

REMAINING DEGREE REQUIREMENTS

These are additional associate degree requirements that are not MTA or MiTransfer Pathways courses. They might not be accepted for transfer by universities participating in the agreement.

General Education or Program Requirement	Subject/ Course Number	Course Title	Credit Hrs
Program Requirement	HPE 141	Introduction to Health and Wellness	3
Program Requirement	HPE 151	Methods for Teaching Exercise	3
Program Requirement	HPE 192	Internship in Physical Education	2
Program Requirement	HPE 200	Exercise Facility, Equipment, and Safety	3
Program Requirement	HPE 212	Measurement and Prescription of Fitness and Sports	3
Program Requirement	HPE 258	Advance Strength Training	3

Program Requirement	HPE 260	Nutrition, Health, and Physical Education for the Classroom Teacher	3
Program Requirement	HPE 270	Exercise Physiology	4
Program Requirement	HPEA 122	Yoga-Based Fitness	2
Program Requirement	HPEA 155	Relaxation Techniques for Stress Management	2
Program Requirement	HPEA 110 or HPEA 210	Volleyball I or Volleyball II	2
Program Requirement	HPEA 117 or HPEA 217	Strength Training and Physical Conditioning I or Strength Training and Physical Conditioning II	3
Program requirement	CIS 100 or HCS 131	Introduction to Information Technology or Computers in Health Care	3
Program requirement support course	BBA 131	Introduction to Business	4
		Remaining hours/electives as needed to meet minimum	