

Physical Education

Credentials

Movement Science Certificate	24 cr.
Movement Science AAS Degree	60-63 cr.

Major Description

The Movement Science program is designed to begin preparing students for the work and challenges facing the kinesiology professional. Academic preparation in kinesiology provides the foundation for a wide range of careers in fields that are projected to grow, including, but not limited to, exercise physiologist, personal trainer, fitness manager, worksite wellness coordinator, physical therapist, physical therapist assistant, athletic trainer, and group exercise instructor. The Movement Science programs meet the needs of both students seeking career training programs leading to an industry-accepted credential (e.g., personal trainer or group exercise instructor), and those seeking transfer to a four-year institution.

Students will gain an understanding of the principles of exercise physiology and motor development and have the opportunity to apply that knowledge to fitness assessment and exercise techniques. The entrepreneurial aspects of fitness careers will also be explored.

Movement Science Certificate

Schoolcraft program code # 1YC.00214

The certificate in Movement Science prepares students for entry level positions in the fitness field. Students will have significant preparation toward certification testing as a personal trainer or group exercise instructor. The certificate coursework can later be incorporated in the associate degree if students are interested in furthering their education.

Students who successfully complete all program courses qualify for a certificate of program completion.

Not all courses are offered each semester. Students should work with an academic advisor to develop a schedule that will work for them. Students planning to transfer should check the transfer institution's requirements/guides or discuss their options with an academic advisor. Number of credits may vary depending on the course selection.

SAMPLE SCHEDULE OF CLASSES

First Year - Fall Semester

Course #	Course Title	Credits
BIOL 101	General Biology	4
PE 111	Introduction to Kinesiology	3
PE 112	Introduction to Exercise Physiology	3
PE 121*	First Aid and Personal Safety	2
	Total Credits: 12	

First Year - Winter Semester

Course #	Course Title	Credits
BIOL 237	Principles of Human Anatomy and Physiology 1	4
PE 202	Lifestyle Fitness - Wellness	2
PE 143	Fitness Tests and Measurements	3
PE 147	Exercise Techniques	3
	Total Credits: 12	

PROGRAM TOTAL 24 CREDITS

*Students may be granted credit for this course for prior certification and content knowledge. See this webpage for general information: <http://www.schoolcraft.edu/admissions/prior-learning-credits> Contact the Dean's office for information specific to this course.

Movement Science AAS Degree

Schoolcraft program code #AAS.00284

The associate degree in Movement Science provides students with a solid foundation to begin a career in the fitness field. It offers a combination of theory and applied classes, combined with an internship in the fitness field. Students completing this program will be well positioned to transfer to a four-year institution in fields such as exercise science, kinesiology, athletic training, and sports management, among others. Students also will be well prepared to take national certification exams for personal fitness trainers and group exercise instructors.

Students who satisfactorily complete all college and program requirements qualify for an associate in applied science degree.

Not all courses are offered each semester. Students should work with an academic advisor to develop a schedule that will work for them. Students planning to transfer should check the transfer institution's requirements/guides or discuss their options with an academic advisor. Number of credits may vary depending on the course selection.

SAMPLE SCHEDULE OF CLASSES

First Year - Fall Semester

Course #	Course Title	Credits
BIOL 101	General Biology	4
PE 111	Introduction to Kinesiology	3
ENG 101	English Composition 1	3
PE 112	Introduction to Exercise Physiology	3
	Total Credits: 13	

First Year - Winter Semester

Course #	Course Title	Credits
BIOL 237	Principles of Human Anatomy and Physiology 1	4
PE 143	Fitness Tests and Measurements	3
PE 147	Exercise Techniques	3
PE 202	Lifestyle Fitness - Wellness	2
	Total Credits: 12	

First Year - Spring/Summer Session

Course #	Course Title	Credits
PSYCH 153	Human Relations	3
Mathematics*	Select any general education mathematics class	3-5
	Total Credits: 6-8	

Movement Science AAS Degree (continued)

Second Year - Fall Semester

Course #	Course Title	Credits
BIOL 238	Principles of Human Anatomy and Physiology 2	4
PE 207	Facilities Operations	3
ENG 102	English Composition 2	3
Business	Select One	3
BUS 101	Introduction to Business	
BUS 103	Organizing a Small Business	
BUS 120	Strategic Selling	
	Total Credits: 13	

Second Year - Winter Semester

Course #	Course Title	Credits
PE 212	Applied Exercise Physiology	3
COMA 103	Fundamentals of Speech	3
PE 225	Motor Development	3
PE 121**	First Aid and Personal Safety	2
Elective***		2-3
	Total Credits: 13-14	

Second Year - Spring/Summer Session

Course #	Course Title	Credits
PE 291	Movement Science Internship	3
	Total Credits: 3	

PROGRAM TOTAL 60-63 CREDITS

*Students planning to transfer should take MATH 111, 119, or higher.

** Students may be granted credit for this course for prior certification and content knowledge. See this webpage for general information: <http://www.schoolcraft.edu/admissions/prior-learning-credits>. Contact the Dean's office for information specific to this course.

***Recommended electives include any other PE class or BIOL 115 Nutrition. Students interested in group exercise may want to consider PE 115 Aerobic Dance Fitness and students interested in education may want to consider PE 240 Physical Education for Elementary Teachers. Students planning to transfer may want to consider an MTA approved SOCIAL SCIENCES course.



It is the policy of Schoolcraft college that no person shall, on the basis of race, religion, color, gender, age, marital status, disability, sexual orientation, and/or national origin, be subjected to discrimination during or be excluded from participating in or be denied the benefits of any program or activity or in employment.

