



**WELLNESS EXERCISE INSTRUCTOR**  
**Short-Term Certificate**  
**M.A.P.**

| Semester                                  | Courses  | Credit Hrs.  |
|---|--|--------------|
| <b>Fall</b><br><b>12 Credit Hours</b>     | HED 221-Personal Health  | 3            |
|   | HED 231-First Aid  | 3            |
|   | HED 299-Special Topics: Stress Management  | 2            |
|   | PED 105-Personal Fitness   | 1            |
|   | PED 107-Aerobics Dance (Beginning)   | 1            |
|   | ORI 101-Orientation to College   | 2            |
| <b>Spring</b><br><b>8-10 Credit Hours</b> | PED 223-Methods of Instruction   | 3            |
|   | CFS 199-Healthy Cooking  | 1            |
|   | PED 295-Practicum in Physical Education  | 1-3          |
|   | PED 101-Slimnastics (Beginning) OR<br>PED 102-Slimnastics (Intermediate)                   | 1            |
|   | PED 103-Weight Training (Beginning) OR<br>PED 104-Weight Training (Intermediate)           | 1            |
|   | PED 118-General Conditioning (Beginning) OR<br>PED 119-General Conditioning (Intermediate) | 1            |
|   | <b>TOTAL HOURS</b>   | <b>20-22</b> |