



WELLNESS EXERCISE INSTRUCTOR
Short-term Certificate
M.A.P.

Semester	Courses	Credit Hrs.
Fall 10 Credit Hours	PED 223-Methods of Instruction	3
	PED 103-Weight Training (Beginning) OR PED 104-Weight Training (Intermediate)	1
	HED 299- Stress Management	2
	PED 105-Personal Fitness	1
	CFS 199-Healthy Cooking	1
	ORI 101-Orientation to College	2
	HED 221-Personal Health	3
Spring 11 Credit Hours	PED 107-Aerobic Dance (Beginning)	1
	PED 295-Practicum in Physical Education	2
	PED 101-Slimnastics (Beginning) OR PED 102-Slimnastics (Intermediate)	1
	HED 231-First Aid	3
	PED 118-General Conditioning (Beginning) OR PED 119-General Conditioning (Intermediate)	1
	TOTAL HOURS	21