

COLLEGE: **Elgin Community College-Tech Prep PCCS**
 HIGH SCHOOL(S): **District U-46-- Bartlett HS, Elgin HS, Larkin HS**
South Elgin HS, Streamwood HS

CLUSTER: **Health Sciences**
 PATHWAY: **Therapeutic Services**
 PROGRAM: **Exercise Physiologist**



SECONDARY	GRADE	ENGLISH	MATH	SCIENCE	SOCIAL STUDIES	Physical Education	HIGH SCHOOL ACADEMIC & CAREER/TECHNICAL ELECTIVES		
	9	Standard or Honors Freshmen English	Algebra 1-2 or higher math	Standard or Honors Biology 1-2		PE	Foreign Language		Orientation to Health Occupations
	10	Standard or Honors Sophomore English	Standard or Honors Geometry or higher math	Standard or Honors Chemistry 1-2		Health / Drivers Ed.	Foreign Language		
	11	Junior English or AP English Language & Composition	Standard or Honors Algebra 3-4 or higher math	Standard or Honors Physics 1-2 or AP Science	Standard or AP U.S. History	PE			Standard or Honors Health Occupations 1-2
	12	Senior English or AP English Literature & Composition	(If desired) Honors Pre-Calculus/ Trigonometry or AP Math		Standard or Honors Civics or AP Government & Politics	PE			Standard or Honors Health Occupations 3-4

Entering college freshmen must show English, reading, and mathematics competency. College Ready English, reading, and mathematics competency levels at Elgin Community College: Enrolling students must show ACT English subtest score of 20, a reading subtest score of 18, and a mathematics subtest score of 23, or they must receive an appropriate test score on ECC's placement tests. *Note: These requirements must be met to participate in dual-credit courses during senior year.*

POSTSECONDARY								Things to Consider	
	Year 1 1st Semester	BIO 110: Principles of Biology	ENG 101: English Composition	PHR 102: First Aid & Safety	PHC 109: Individualized Fitness & PHC 130: Beginning Fitness Walking	PSY 100: Intro to Psychology	OAT 122: Medical Terminology	<i>This Program of Study document provides general college and career course suggestions. Students should work with high school counselors and faculty and college staff to make appropriate course selections.</i>	Occupations Related to This Program of Study Athletic Trainer Exercise Physiologist Personal Fitness Trainer Recreation Therapist
	Year 1 2nd Semester	BIO 101: Nutrition for Today	BIO 240: Human Anatomy & Physiology	ENG 102: English Composition	MMT 125: Leadership Dev. (or ENT 101: Entrepreneurship)	PHC 200: Fundamentals of Weight Training	HWM 135: Personal Wellness		
	Year 1 Summer								
	Year 2 1st Semester	HWM 140: Athletic Injury Management	PHR 110: Active for Life (or PHR 115: Healthy Eating for Life)	HWM 147: Personal Training I & HWM 132: Group Fitness Instr	HWM 130: Pilates Mat	HWM 139: Sport & Exercise Psychology	HUM 216: Ethics/ Humanities		
Year 2 2nd Semester	BUS 120: Business Mathematics	HWM 148: Personal Training II	HWM 142: Structural Kinesiology	HWM 145: Health/ Fitness Facility Standards	HWM 150: Personal Training Internship	HWM 133: Group Fitness Instr. II			



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AAS (Associate of Applied Science) CTE courses
BVS (Basic Vocational Specialist in Retail Management) Does not apply.

High School Career and Technical Education Orientation and Training Level Courses

Credit-Based Transition Programs: Dual Credit (Elgin Community College courses available to high school seniors.)
Mandatory Assessments, Advising, and Additional Preparation