



Northland Pioneer College

Name _____
 NPC ID _____
 Total Credits **64**

Associate of Applied Science –Physical Health and Performance (AAS) - 2025-26 Catalog Blocks are suggested for full-time students, but may be adjusted based on course scheduling, student employment, or individual needs.

Personal Training and Rehabilitation	Certificate of Proficiency 24 credits
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First Block (Semester 1)

X	Course	Notes	credits
	HPE 113 Foundations of Strength and Conditioning**		3
	HPE 162 Exercise Physiology**		4
	HPE 181 Fitness and Performance**		1
	BIO 181 General Biology I	Satisfactory Placement	4
	CHM 151 General Chemistry I	MAT 112 and high school chemistry or CHM 130 with a grade of "C" or better, or satisfactory placement prerequisite	4

Second Block (Semester 2)

X	Course	Notes	credits
	HPE 179 Professional Activities in Aerobic Training**		2
	HPE 200 Rehabilitative Techniques**		3
	BIO 182 General Biology II	BIO 181 Prerequisite	4
	CHM 152 General Chemistry II	CHM 151 Prerequisite	4
	MAT 152 Advanced Algebra (Or any math course for which MAT 152 is a prerequisite)	MAT 112 Prerequisite or satisfactory placement.	3

Third Block (Semester 3)

X	Course	Notes	credits
	HPE 178 Professional Activities in Weight Training**		2
	HPE 146 Personal Training**	HPE 113 Prerequisite	3
	ENL 101 College Composition I	CCP 082 or satisfactory placement Prerequisite	3
	BIO 201 Human Anatomy and Physiology I	BIO 181 Prerequisite, CHM 130 or CHM 152 Co-requisite	4
	Transfer Elective	Any unduplicated University Transferable Elective	4

Fourth Block (Semester 4)

X	Course	Notes	credits
	HPE 210 Prevention and Care of Athletic Injuries**		3
	HPE 250 Physical Therapy Technician**		3
	BIO 202 Human Anatomy and Physiology II	BIO 201 Prerequisite	4
	ENL 102 College Composition II	ENL 101 with a "C" or better Prerequisite	3
	PSY 101 Introduction to Psychology		3

** After Completing all of the highlighted courses one can pay to take a National Certification exam.

Key

* = Prerequisite (Speak with your academic advisor or check the notes section for more information.)

Notes: This program mapping is a suggestion of how this program can be completed as a full-time student and may need to be adjusted based on the semester you start or your personal circumstance. Students should consult an advisor when they plan their individual completion path.

General education options are located in section IV, Programs, of the NPC college catalog. To be sure your general education course applies to your degree, speak with your academic advisor. The online version of the college catalog is located on our public website: <https://www.npc.edu/college-catalog>

Your Academic Plan

Semester	Year
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[illegible]

Semester _____ Year _____

[illegible]

Semester Year

[illegible]

Semester _____ Year _____

[illegible]

Semester _____ Year _____

[illegible]

Semester _____ Year _____

[illegible]