

Liberal Arts Option:

Health Fitness and Wellness (LHF)

(Designated MassTransfer Program — pending approval)

This program is undergoing review and is not currently accepting new students.

THE DEGREE: Associate of Arts in Liberal Arts

THE PROGRAM OPTION: provides a broad range of liberal arts studies with health fitness and wellness offerings.

YOUR NEXT STEP: transfer to the Bachelor of Science Degree Program in Movement Science at Westfield State College or any similar program at another institution. Future careers may include health club manager/director; personal trainer; exercise physiologist; fitness specialist; wellness program coordinator; and director of strength and conditioning.

REQUIRED COURSES	CREDITS
BIO 195 Human Anatomy and Physiology I.....	4
BIO 196 Human Anatomy and Physiology II.....	4
Select ONE course from the following:	
BIO 101, 102, 103, 104, 120, 122, or 124	4
BIO 130 Human Nutrition	3
ENG 101, 103, or 105 English Composition I.....	3
ENG 112, 114, or 116 English Composition II	3
PCS 101 or 121 or 131 or 141 Personal Communication Skills.....	3
LED 156 Strength Training.....	1
LED 157 Aerobics	1
HFW 100 Survey of Movement Science	1
HFW 101 Introduction to Exercise Science.....	3
HFW 103 Principles of Health and Well-Being	3
HFW 104 Foundations of Movement Science I.....	3
HFW 105 Foundations of Movement Science II	3
Behavioral Sciences Core:	9
One three-credit course from each of the following categories:	
a) <i>PSY 101 Principles of Psychology</i>	
b) <i>Select ONE course from the following:</i>	
<i>ANT 104, ECO 101 or 102, HEC 101, POL 101, or SOC 101</i>	
c) <i>Select ONE course coded BC from the following:</i>	
<i>Any ANT course except 103, any ECO course, any POL course, any SOC course</i>	
Humanities Core:	9
One three-credit course from each of the following categories:	
a) <i>History (HIS 101, 102, 105, 106, 127, 129, 131)</i>	
b) <i>Literature (ENG 201, 202, 203, 204, 205, 206, 211, 219, 221, 224, 235, 243, 247, 248, 253)</i>	
c) <i>Select ONE course from the following coded HC:</i>	
<i>AHS 101, 102, 107, 108</i>	
<i>HUM 150, 153, 201, 202</i>	
<i>MUS 101, 102, 103, 107, 108, 122, 127, 137, 220, 207</i>	
<i>PHI 103, 104, 108, 110, 204, 205, 206</i>	
Math Core:.....	3-4
<i>MAT 114 or 117</i>	
TOTAL 60-61	

PROGRAM CONTACT

Associate Dean for Community Education, Office: D103, (413) 775-1606