



2401 South Main Street ■ Lamar, Colorado 81052  
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 Member of Colorado Community College System www.lamarcc.edu

# Lamar Community College Degree plan

**Note:** This form is to be used as a sample guide to ensure that degree requirements are met; see your advisor for updated plans.

Many of these courses are available via CCCOnline or may be accepted in transfer. Transfer hours and independent studies require separate written approval. LCC accepts all appropriate General Transfer (GT) Pathways courses in meeting general education area requirements or electives.

## Associate of Science 2011–2012 Sports & Fitness Management Plan of Study

Total degree hours: 60

Name	Home Phone
Address	Work Phone
City, State, Zip	Fax:
Employer	Email
Previous Degree	Student No.

General Education: (39 credits)	Semester Planned	Grade/Date Achieved
Communications (9)		
COM 115 Public Speaking (3) <b>OR</b> COM 125 Interpersonal Communications (3)		
ENG 121 English Composition I (3)		
ENG 122 English Composition II (3)		
Math (3) MAT 121, 122, 201, 202		
Life Sciences (12) Select 12 credits from BIO 201, 202, CHE 111		
Social & Behavioral Sciences (9) Select 3 from at least two diff. disciplines, one must be HIS.		
ANT 101, 111; ECO 201, 202, 245; GEO 105; HIS 101, 102, 201, 202, 247;		
POS 105, 111; PSY 101, 102, 235; SOC 101, 102		
Arts and Humanities (6) Select 2 courses from at least two different disciplines.		
ART 110, 111, 112; HUM 121, 122, 123; LIT 115, 202, 211;		
MUS 120, 121, 122; PHI 111, 112, 113; THE 105, 211, 212		
<b>Required Courses: (19 credits)</b>		
PER 127 Intro to Sports Medicine (2)		
PER 188 Athletic Training Practicum (1)		
PER 232 Care and Prevention of Athletic Injuries (3)		
PER 288 Athletic Training Practicum (2)		
HPR 104 Health Career Opportunities and Readiness (1)		
HPR 117 Anatomical Kinesiology (3)		
HWE 103 Community First Aid and CPR (1)		
HWE 237 Exercise, Nutrition, & Body Composition (3)		
<b>OR</b> HWE 100 Human Nutrition (3)		
HWE 255 Certified Personal Trainer Prep (3)		
<b>LCC Requirements: (2 credits)</b>		
HWE 124 Fitness and Wellness (2)		

Note: Lamar Community College has several articulations in place for the Sport & Fitness Management plan of study. Please consult with your academic advisor for requirements specific to receiving institution.

Student Signature	Date	Advisor Signature	Date
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