



## Associate of Arts and Personal Fitness Trainer Certificate To Bachelor of Arts in Physical Education and Health with Teaching Certification

### Overview

Completion of the following curriculum will satisfy the requirements for the Associate of Arts (AA) degree as well as the Personal Trainer Certificate at Cincinnati State (CState) and leads to the Bachelor of Arts (BA) in Physical Education and Health with Teaching Certification degree at Northern Kentucky University (NKU).

### Applying to the CState2NKU Program

Students can apply to participate in the pathway program by completing the online application on the NKU transfer webpage. Students must be enrolled in at least six credit hours at Cincinnati State, enrolled in an associate degree program, plan to transfer to NKU, and maintain a minimum 2.0 cumulative GPA at Cincinnati State.

### Degree Requirements for Cincinnati State

Associate of Arts Degree

1) Completion of minimum 62 credit hours, 36 of which from approved Ohio Transfer 36 courses, 2) minimum cumulative GPA 2.0, 3) completion of an FYE course as part of the first 12 credit hours taken at Cincinnati State, and 4) completion of Cooperative Education. 3) completion of (o)-6.6 (2.3 .9 (t)-2.9 (u)13.1 (m2.3 ( )t)-2.9 (

cumulative GPA 2.0

Note: where possible, courses that fulfill requirements for both the AA and the Personal Trainer Certificate are included in the pathway to avoid unnecessary duplication of credit.

### Admission Requirements for NKU

Students completing an associate degree with a cumulative GPA of 2.0 or higher will be

accepted into NKU.

Students wishing to enroll in the elementary education program must follow the admission guidelines for teacher education programs outlined by the College of Education. (Courses in

ENG 101	English Composition 1	3	ENG 101	
ENG 102 or ENG 103 or ENG 104 or ENG 105	English Composition 2: Contemporary Issues English Composition 2: Writing about Literature English Composition 2: Technical Communication English Composition 2: Business Communication	3	ENG 102 or ENG 200G	
COMM 110	Public Speaking	3	CMST 101	
TBS XXX	Arts/Humanities List A Elective	3	TBD XXX	
TBS XXX	Arts/Humanities List B Elective	3	TBD XXX	
TBS XXX	Social/Behavioral Science Elective			

EMS 100	CPR and First Aid for the Health Care Professional	1	HEA 135	
EXS 130	Foundations of Health and Wellness Programs	3	HEA 230	
EXS 151	Principles of Exercise Assessment and Prescription	3	EXS 151 + EXS 152 = KIN 260 + KIN 200T	
EXS 152	Exercise Programming	3	EXS 151 + EXS 152 = KIN 260 + KIN 200T	
EXS 255	Anatomical Kinesiology	3	KIN 295	
DT 120	Nutrition for a Healthy Lifestyle	3	BIO 126	
EXS 156	Establishing a Personal Training Business	3	KIN 200T	
EXS 182	Personal Fitness Trainer Practicum (also satisfies Co-op requirement in Associate of Arts Degree)	2	KIN 200T	
PE 132	Resistance and Cardiorespiratory Training	1	PE 100T	

