

Programs of Study–New



New programs added since publication of the 2006-07 catalog:

- Fitness Specialist/Group Exercise Instructor–Certificate ... page 2
- Professional Technical Education–AAS-T page 3
- Welding Fabrication & Maintenance Technology–AAS page 4

Fitness Specialist/ Group Exercise Instructor

CERTIFICATE OF COMPLETION **39 CREDITS**

This program has been added since publication of the 2006-07 catalog.

Students will learn the skills necessary to teach a variety of safe and effective group exercise classes. Courses in the program will cover theoretical and practical teaching skills and will include anatomy, kinesiology, exercise physiology, class format, cueing techniques and choreography so that the student can successfully teach a variety of class formats. Also taught are fundamentals of resistance training, stretching, injury prevention and exercise safety guidelines. This coursework gives students both the theoretical and practical knowledge necessary to take a national group exercise instructor certification exam.

Admission dates: fall, winter, spring.

TERM ONE **CREDITS**

BIOL	111	Survey of Anatomy and Physiology	5
FTNS	170	Group Exercise Instruction	4

TERM TWO

FTNS	121	Kinesiology	5
FTNS	112	Introduction to Exercise Science	5
FTNS	126	Fundamentals of Sport and Exercise Psychology	3
FTNS	172	Seminar in Group Exercise I	2

TERM THREE

BIOL	106	Nutrition for Health Care Providers	5
FTNS	116	Risk Management in Fitness	3
FTNS	137	Professional Skills in Fitness	3
FTNS	173	Seminar in Group Exercise II	2
FTNS	146	Functional Fitness	2

TOTAL PROGRAM CREDITS **39**

Professional Technical Education

ASSOCIATE OF APPLIED SCIENCE-T (AAS-T) DEGREE 90 CREDITS

This program has been added since the publication of the 2006-07 catalog.

The Professional Technical Education AAS-T provides a structured degree pathway in education for post-secondary professional-technical educators, providing them with an educational continuum toward a baccalaureate in education. The degree structure—designed around the Washington State Skill Standards for Professional-Technical College and Customized Trainers—will provide leadership and technical skills beyond those required for professional-technical certification.

Admission Dates: fall.

TECHNICAL REQUIREMENTS		CREDITS
EDUC	101 Intro to Teaching Professional/ Technical Education	3
EDUC	201 Teaching & Facilitating Learning I	3
EDUC	206 Teaching & Facilitating Learning II	3
EDUC	211 Planning for Instruction (Curriculum Development)	5
EDUC	216 Assessment of Learning	5
EDUC	231 Learning Environment Management	3
IFAD	151 First Aid	1
HMDS	101 Information Literacy	2
EDUC	251 Teaching Practicum I	15
EDUC	252 Teaching Practicum II	15
EDUC	295 Professional-Technical Education Capstone	5
TOTAL PROGRAM CREDITS		90

TECHNICAL ELECTIVES:

See faculty adviser/instructor for pre-approval.

EDUC 10

GENERAL EDUCATION REQUIREMENTS—20 CREDITS

Quantitative Reasoning	5
Oral Communication	5
Social Science	5
Written Communication	5

See page 119 for a list of all applicable courses for each of the categories listed above.

Welding Fabrication & Maintenance Technology

ASSOCIATE OF APPLIED SCIENCE DEGREE 104 CREDITS

This degree, added October, 2006, has been added since publication of the 2006-07 catalog.

The AAS degree provides students with skills to weld and fabricate complex projects. Students receive in-depth knowledge of the nature of metals as it relates to welding, fabricating, and the application of heat. Graduates become proficient in most major industrial welding and cutting processes common in the construction, manufacturing, maintenance, shipbuilding, and aerospace industries. Students also prepare to take the Washington Association of Building Officials (WABO) certification test.

Admission Dates: fall, winter, spring, summer

TERM ONE		CREDITS
WELD	111 Welding Theory	5
WELD	112 Oxy/Acetylene Cutting & Welding	3
WELD	113 Shield Metal Arc Welding	7
CISA	101 Computer Applications	2

TERM TWO		CREDITS
WELD	121 Blueprint Reading	5
WELD	122 Flux Core Arc Welding	5
WELD	123 Gas Metal Arc Welding	5
	General Education	5

TERM THREE		CREDITS
WELD	131 Applied Math	5
WELD	132 Gas Tungsten Arc Welding	5
WELD	133 Carbon and Plasma Cutting	1
WELD	135 Layout and Fabrication	3
WELD	136 WABO Test Prep	1
	Technical Electives	5
	General Education	5

TERM FOUR

WELD	236 Metallurgy and Weld Testing	5
WELD	223 SMAW Pipe Welding	5
WELD	232 GTAW Pipe Welding	5
	General Education	5

TERM FIVE

WELD	235 Fabrication	5
MACH	110 Machining Fundamentals	8
ENGT	131 Computer Aided Drafting and Design	4
	General Education	5

TOTAL PROGRAM CREDITS 104

GENERAL EDUCATION REQUIREMENTS—20 CREDITS

Written Communication	5
Quantitative Reasoning	5
Social Science	5
Oral Communication	5

See page 119 for a list of all applicable courses for each of the categories listed above.

TECHNICAL ELECTIVES—5 CREDITS

Must be taken from WELD area and must be approved by faculty advisor.