
About the Fitness Center

Our PVCC Fitness Center is a state-of-the-art facility serving the needs of a wide population of college students, high school students, community members, and senior citizens. It is fully equipped with free weights, cybex machines, a variety of cardio equipment and a specialized area for functional fitness.

What sets the PVCC Fitness Center apart from other gyms is the qualified instructors and staff. The Fitness Instructors have their bachelor's and/or master's degrees in the field of exercise science. In addition, they are certified in one or more of the top professional organizations (NASM, ACSM, ASCS or ACE). There is always a Fitness Center Instructor available to assist the members during hours of operation, seven days a week.

Fitness Center members may make individual appointments with the instructors at no additional charge! At PVCC, our commitment is to provide a learning-centered environment for you. We encourage you to join today and start your journey toward life-long health and wellness.

****FITNESS CENTER OPTIONS****

1) PED115 Lifetime Fitness - 2 Credit Sections. Letter Grade and Pass/No Credit options available.

2) PED114 Fitness - 1.5 Credit Pass/No Credit option. (Available Spring and Fall Semesters)

3) PED101FL - 1 Credit Pass/No Credit option (Available Spring and Fall Semesters)

4) Senior Fitness – Non-credit class. This special section is for members that are 62+.

5) Yearly Memberships (Family and Individual)

A yearly membership is a good option for those that have enrolled in the semester options in the past, and want to continue using the facility indefinitely. Dependent is defined as under 19 years of age or under 24 years old if they're a full-time student (must be verifiable).

6) Corporate Memberships

If you work for a company, school district, or municipality, check to see if they are among the many organizations that have corporate contracts with the Maricopa Community College District Fitness Centers. For more information contact Donna Roach at 602-787-6548.

7) Adapted Physical Education (PED101AP)

This course is for physically challenged students. Students meet 1-2 sessions with the Adapted P.E. instructor before integrating into regular usage of the Fitness Center. Orientation required: Call Ray Laing at 602-787-7282 for enrollment information.

Contact the Fitness Center for section numbers and cost.
(602-787-7270)

PED115 LIFETIME FITNESS STRENGTH AND SPORTS PERFORMANCE CENTER

(Available Spring & Fall Semesters)

Develop your body to meet the demands of life, career, recreation, and sports in our PVCC Strength and Sports Performance Center under the expert guidance of our performance specialists. In this program you can focus on increasing your body's overall fitness level through exercises and functional movement-based sport training methods including core training, balance, integrated body strength, and more. This program is also a perfect match for those preparing for employment or employed in physically demanding jobs such as firefighters, law enforcement, jobs requiring heavy lifting, etc. Additional hours required for class can be accumulated through use of the Fitness Center during any open hours.

Tuesdays/Thursdays 1:00-1:55PM

Tuesdays/Thursdays 6:00-6:55PM

FON140BD Weight Control: REAL Solutions

Principles of and participation in weight management. Emphasis on low-fat, plant rich, healthy eating habits, current nutrition and weight management trends - along with physical activity and evaluation of weight management programs.

INDIVIDUALIZED WORKOUT PROGRAM

If you are just getting started with your exercise program, are bored with the same old routine, or just need some guidance with your exercise technique, you can have any of our PVCC Fitness Center instructors help you with an exercise routine. They will help you set up an exercise program based on your goals.

COST: FREE

SMALL GROUP PERSONAL TRAINING

Are you more likely to stick with exercise if you have a commitment to a specific workout time? Are you more likely to have fun if you are guided through your workouts by an instructor and can workout with other students? Then the Fitness Center Weight Training and Strength Training classes are for you. Each class section enrolls up to seven students so you can count on getting individualized assistance. Enroll in PED101ST or PED101WT. There are many times and days available. See the class schedule for details.

JUMPSTART

In the JumpStart program, you will have your own personal instructor to guide you through your first few workouts and “coach” you on the road to success using the Personal Lifestyles Insights. The one-on-one training program provides a behavioral approach to fitness and wellness as well as a personal exercise program. You will have 4 one hour sessions (or you can break it up into smaller 1/2 hour increments). Cost: \$200 for individuals and \$75-\$135 for groups.

FITNESS ASSESSMENTS

Fitness Assessments are available to Fitness Center students. Assessments are free and take about 30 minutes. A variety of assessments are available including body composition, blood pressure, waist-to-hip ratio, cardiovascular fitness, flexibility, muscular strength and muscular endurance assessments. We also offer a functional movement assessment. Completing an assessment will help you determine if what areas you need to emphasize your program design. A post-assessment will help you measure your results from all of your dedicated efforts.

COST: FREE

FITNESS/WELLNESS BREAKOUT SESSIONS

The Fitness Center sponsors a series of wellness-related seminars that are offered to the students and community each semester. You can attend sessions on topics such as: fitness walking, introduction to martial arts, exercising on the ball, self-defense, managing stress and change, circuit and interval training, strength training, introduction to Feldenkrais®, back care, and other health related topics. These sessions are FREE and also OPEN TO THE PUBLIC. Pick up the semester Wellness Breakout Schedule at the Fitness Center.

SELF-CARE CENTER

The Self-Care Center (F130) is a resource center of handouts, videos, and visual aids on various wellness topics including fitness, weight management, smoking cessation, blood pressure, mental health, diabetes, safety, as well as many others.

GROUP EXERCISE CLASSES

Change up your workout routine by joining the group exercise classes offered at PVCC. Our classes include aerobics for wellness, total body conditioning, cardio adventure, and aerobics for seniors. The classes are offered as 1 or .5 credit classes.

FUNCTIONAL MOVEMENT SCREEN

Have you experienced problems with your knees? Back? Athletic Performance? Balance?

The Functional Movement Screen is a ranking and grading system created to document movement patterns that are key to normal function. By screening these patterns, functional limitations and asymmetries are readily identified. Basic movement pattern limitations can reduce the effects of functional training, physical conditioning, and distort proprioception (body awareness). At the heart of the system is the Functional Movement Screen Score, which helps to target the problem and track progress. The screening system is directly linked to the most beneficial corrective exercises to restore mechanically sound movement patterns. Sign up at the Fitness Center Front Desk.

Screening is FREE!

Correction Exercise Class - PED101, 1 Credit

When is the Fitness Center open?

Monday - Thursday	5:30A - 9:00P
Friday	5:30A - 7:00P
Saturday	7:00A - 3:00P
Sunday	9:00A - 3:00P

*Note: Hours may vary during Summer, Holidays, and Semester Breaks

PVCC offers a variety of dance classes including Tango, Ballet, Modern Dance, Ballroom, Latin, Hip Hop, Swing and more.

Outdoor Recreation

PVCC offers a variety of outdoor education activity classes for those who like to get out and be active in beautiful Arizona weather. Classes are offered in:

Golf (Begin & Intermed.)	Tennis (Begin & Intermed.)
Hiking	Outdoor Rock Climbing
Backpacking	Rowing
Canyoneering	Outdoor Survival
Caving	Scuba Diving

Mind/Body/Wellness

PVCC offers a variety of classes, which provide instruction in natural healing and wellness methods taken from cultures all over the world. The skills learned in these classes may be used as therapies as well as wellness enhancers to improve one's quality of life.

YOGA CLASSES

Students in the yoga course will learn experientially why yoga works for optimal health and well being of the body, emotions, mind, and spirit. Yoga is also great for stress reduction. The three yoga techniques provided in these classes are yoga postures, breathing, and meditation. Come experience the bliss. Beginners are welcome.

PILATES

An exercise program that aims at developing a stable core for all types of movement to occur more efficiently. Pilates teaches you about breathing with movement, body mechanics, balance, coordination, positioning of the body, spatial awareness, strength and flexibility. Pilates is an all-encompassing mind, body and spirit exercise.

TAI CHI

This program uses innovative techniques for health and stress management. These movements combined with music and

breathing, bring about a state of relaxation. These same techniques also strengthen muscles, reduce weight, increase flexibility, strengthen the cardiovascular system, and promote total well being.

SELF-DEFENSE PROGRAM

The Center for Mind-Body Wellness offers our students the benefit of one stop shopping. Our comprehensive martial arts curriculum provides students with the most integrated training program in the state. Courses include Aikijujitsu, Shaolin Kung Fu Wushu, Tai Chi and RAD (Restrain, Arrest, and Detain) System.

* Check the Activity Class Schedule for more detailed descriptions of these classes.

QIGONG (CHI KUNG)

Qigong is the Chinese term for systems of body-mind-energy manipulation and meditation that has been practiced in China for thousands of years. In current times, it has been used for healing and disease prevention in conjunction with modern medicine. The training enhances overall health, physical strength, internal power and mental focus.

FELDENKRAIS®

Through gentle movements, Feldenkrais® method helps you reconnect with natural ability to move and relax. It is especially useful for people with recurrent body discomfort brought on by stress, misuse, accidents or illness. It's equally beneficial for people who want to improve their performance both physically and mentally.

OTHER WELLNESS COURSES OFFERED AT PVCC

- Aromatherapy
- Meditation and Wellness
- Introduction to Alternative Medicine
- Environmental Wellness
- Minimizing Workplace Stress
- Introduction to Chinese Medicine
- Overview of Herbal Remedies
- Health Conditions and Popular Herbs
- Personal Wellness
- Kinetic Meditation
- Auditory Meditation
- Visual Meditation

Non-Credit Courses

The Health & Exercise Science Division offers a variety of non-credit courses each semester. The cost varies according to class. Please see the schedule of classes for specific dates and times.

Senior Programs

PVCC has one of the largest Senior health and fitness programs in the North Valley. People of all fitness levels and ages come together to engage in instructor-guided fitness activities. There are numerous opportunities for senior adults to learn and engage in health enhancing classes and events including:

- Senior Group Exercise classes
- Senior Fitness Center
- Golf for Seniors
- Senior Parties/Healthtalks
- Tai Chi for Seniors
- Yoga for Special Bodies

For more information contact Donna Roach (602-787-6548).

SILVERSNEAKERS®

A fitness program offered exclusively to members with health insurance that enrolls members in SilverSneakers®. For more information contact Donna Roach (602-787-6548).

SENIOR COLLEGE

The Continuing Education Division offers a variety of Senior Adult classes for personal enrichment. Contact Continuing Education at (602) 787-7800.

Occupational Programs

EMT/FIRE SCIENCE

Paradise Valley Community College offers degree and professional certificate programs in the areas of Fire Science and Emergency Medical Technology for students pursuing a career in the Fire Service and Emergency Medical Services. Led by Fire Science Program Director Paul Sunder, Captain with the Phoenix Fire Department, and EMT & Paramedic Program Director Dan Donahue, Captain/Paramedic with the Phoenix Fire Department, along with Paramedic Program Coordinator Robert Dotterer, retired Firefighter/Paramedic with the Phoenix Fire Department, our programs provide a high-level of education & training in the areas of emergency medical services and fire science. With over 85 years of firefighting & EMS experience combined, they bring a wealth of knowledge to our programs, and are a great asset to our students pursuing Fire Science, EMT, and Paramedic degrees and/or professional certificates.

PVCC offers many Fire Science courses that not only prepare the “pre-professional” but can also provide the “professional” with the necessary education, training, skills and competencies, which are often recommended to enhance or further their careers. These courses are in the form of “Specialized Training” and/or “Professional Development”. The courses are regularly offered in a specialized delivery format in order to promote flexibility. All of the courses are taught to current industry standards (certification available where applicable) and by experienced Fire Service professionals currently working in the industry. Courses available range from Introduction to Fire Service Selection, Fire Department Operations (Firefighter I & II Academy), Hazardous Materials/First Responder, Fire Prevention, Fire Suppression, Fitness and Conditioning for Firefighters, CPAT, as well as many more specialized training courses.

For those pursuing a career in EMS, PVCC offers Basic Emergency Medical Technology and Paramedic Education training programs, taught to current industry standards by experienced EMS professionals currently working in the industry. Basic Emergency Medical Technology (EMT104) is a nine credit hour course designed to train students to perform patient assessment, initiate treatment, demonstrate proficiency in airway management, immobilization techniques, CPR/basic life support, perform blood glucose testing, as well as learn the principles of documentation and communication in the EMS field. Upon successful completion of the course, students are approved to take the National Registry cognitive exam for EMTs to obtain certification.

For those EMTs wishing to further their training and advance their skill set, PVCC offers two styles of Paramedic programs each year, a Traditional Paramedic Education Program, and a newly-developed Hybrid Paramedic Education Program. The Traditional program runs January thru November each year, and consists of in-class instruction from 9:00am to 6:00pm Monday, Wednesday, and Friday. For the student whose schedule does not fit the Traditional program, our Hybrid program runs August thru the following June each year, and consists of online instruction during the week and in-class instruction on Saturdays from 9:00am to 6:00pm. Through this flex schedule, students can continue to work full-time while still attending the program. Following the classroom & laboratory blocks of training for both programs, students are assigned to a varying schedule of clinical and vehicular rotations. Upon successful completion of either Paramedic Education program, students are approved to take the National Registry cognitive exam for Paramedics to obtain certification.

For more information on the Fire Science, EMT, and Paramedic Programs offered at PVCC, as well as information on degrees and professional certificates offered, please visit www.paradisevalley.edu/fire or call the Fire Science/EMT Office at (602) 787-6782.

EMERGENCY RESPONSE & OPERATIONS – ASSOCIATE IN APPLIED SCIENCE

The Associate in Applied Science in Emergency Response & Operations provides students with the knowledge and skills needed in today's public safety workplace. The program develops skills for planning, responding, and mitigating emergency situations with emphasis on effective response and operations. The following are the focus areas of the degree (students may pursue more than one track): Track I- Fire Operations, Track II- Advanced EMT (Paramedic), Track III- Emergency Management, Track IV- Fire Science, & Track V- Fire Investigator. Required courses vary per track, please visit www.paradisevalley.edu/fire and click on the "Advising/Degrees" link for more information & course listings for each track.

NURSE ASSISTING CERTIFICATE PROGRAM

Guarantee yourself a job that is in demand now and in the future. The Nurse Assisting Program, accredited by the Arizona State Board of Nursing, is offered at PVCC. For more information and an application to the Nurse Assisting Program, visit www.pvc.maricopa.edu/na. After reviewing the website and application, carefully follow all directions, fill out the application, and finally, turn the application in to the Information Desk in the Kranitz Student Center (KSC).

NUR158 lec	Nursing Assisting Lecture
NUR158 lab	Nursing Assisting Lab

HEALTH CARE CORE

Health Care Core (HCC) classes, required for all healthcare majors, are now offered in traditional classroom format as well as flex-express and internet options.

HCC130	Fundamentals in Health Care
HCC145AA	Med. Terminology for H/C Workers
HCC146	Common Med. Terminology for Health Care Workers

HEALTH CARE RELATED

HCR210	Clinical Health Care Ethics
HCR230	Culture & Health
HCR240	Human Pathophysiology

NURSING PROGRAM

The Maricopa Nursing Program is offered at Paradise Valley Community College. For more information and an application to the Nursing Program, go to: www.nursing.maricopa.edu. After reviewing the website and application, make an appointment with a Nursing Advisor (602-787-7060) for additional assistance in applying to the Nursing Program.

NURSING PROGRAM OF STUDY-BLOCK 1

(Spring Semesters Only)

NUR151	Nursing Theory and Science I
NUR104AB	Structured Nursing Review (optional)

NURSING PROGRAM OF STUDY-BLOCK 2

(Fall Semesters Only)

NUR171	Nursing Theory/Science II
NUR104AB	Structured Nursing Review (optional)

NURSING PROGRAM OF STUDY-BLOCK 3

(Spring Semesters Only)

NUR251	Nursing Theory/Science III
NUR104AB	Structured Nursing Review (optional)

NURSING PROGRAM OF STUDY-BLOCK 4

(Fall Semesters Only)

NUR271	Nursing Theory/Science IV
NUR104AB	Structured Nursing Review (optional)
NUR291	Nursing Clinical Capstone

DIETETIC TECHNOLOGY CONSORTIUM PROGRAM

Paradise Valley Community College (PVCC) and Chandler-Gilbert Community College (CGCC) offer a Dietetic Technology Consortium Program for students interested in becoming a Dietetic Technician, Registered (DTR). The Dietetic Technology Consortium Program is an Associate in Applied Science (AAS) degree emphasizing medical nutrition therapy and food service management. Students acquire the knowledge and skills foundation to work in dietetics through the integration of classroom learning and 466 hours of supervised practice in locations throughout the valley. Emphasis is placed on the development of communication and human relations techniques that prepare the graduate for professional success. Following the completion of the AAS degree at PVCC or CGCC, students must pass a national written examination administered by the Commission on Dietetic Registration (CDR) to be granted the credential of Dietetic Technician, Registered (DTR). The Dietetic Technology Consortium Program has been accredited by the Commission on Accreditation for Dietetics Education (CADE) of the American Dietetic Association (ADA) American Dietetic Association, 120 South Riverside Plaza, Suite 2000, Chicago, Illinois 60606-6995, 800-877-1600, ext. 5400, www.eatright.org.

Students are encouraged to visit the program's website at www.pvc.maricopa.edu/nutrition and contact the PVCC Dietetic Technology Consortium Program Director, Lori Anonsen, M.S., RD, for advisement at lori.anonsen@pvmail.maricopa.edu or complete the Nutrition Interest Form on the Program's website.

Dietetic Technology Required Courses:

(Note: General Education courses are also required for the AAS degree.)

BIO160 Intro to Human Anatomy OR
BIO201 Human Anatomy & Physiology I AND
BIO202 Human Anatomy & Physiology II
BPC110 Computer Usage and Application OR
BPC101AA, BPC101BA, BPC101CA OR
BPC/CIS114, BPC/CIS117, BPC/OAS130 OR CIS105
FON104 Cert. in Food Service Safety
FON125 Intro to the Profession of Dietetics
FON142AB Applied Food Principles
FON210 Sports Nutrition & Supplements for Physical Activity OR
FON247 Weight Management Theory
FON207 Intro. Nutrition Services Mgmt.
FON225 Research in Complementary & Alternative Nutrition
FON241 Principles of Human Nutrition
FON242 Intro to Planning Therapeutic Diets
FON244AA Prac. I: Food Service Management
FON244AB Prac. I: Food Service Management-Lab
FON245AA Prac. II: Medical Nutrition Therapy
FON245AB Prac. II: Medical Nutrition-Lab
FON246AA Prac. III: Community Nutrition
FON246AB Prac. III: Community Nutrition-Lab
HCC145AA Med. Term. for Healthcare Workers I

General Studies Requirements:

ENG101 First-Year Composition OR
ENG107 First-Year Composition for ESL AND
ENG102 First-Year Composition OR
ENG108 First-Year Composition for ESL OR
ENG111 First-Technical Writing
COM100 Intro to Human Communication OR
COM110 Interpersonal Communications OR
COM225 Public Speaking OR
COM230 Small Group Communication
CRE101 Critical and Evaluative Reading I OR
CRE111 Critical Reading for Business and Industry OR
Equivalent as indicated by assessment
MAT120 Intermediate Algebra with Review OR
MAT121 Intermediate Algebra, Standard OR
MAT122 Intermediate Algebra Accelerated OR
Equivalent as indicated by assessment or satisfactory
Completion of a higher-level mathematics course.

Distribution:

Any approved general studies course in the Humanities
& Fine Arts area
PSY101 Intro to Psychology OR
SOC101 Intro to Sociology
CHM130 Fundamental Chemistry AND
CHM130LL Fundamental Chemistry Laboratory

TEACHING HEALING MEDITATION AND STRESS MANAGEMENT CERTIFICATE PROGRAM

This program offers instruction in a diversity of meditation techniques including the use of body movement, Mudras (positions of the hands), energy manipulation, sound (music and mantras), visual images (actual and imagined). The meditation classes include both theory and practice. All of the courses in the program are open to occupational and general interest students. Total Credits: 21.5. For more information contact Umar Sharif, MA (602-787-7292)

Certificate Program Requirements:

HES100 Healthful Living
PED101,102,201,202 Physical Activity (Chi Kung, Tai Chi or Yoga)
SOC270 Sociology of Health and Illness
WED105 Minimizing Workplace Stress
WED151 Overview of Alternative Medicine
WED162 Meditation and Wellness
WED257 Kinetic Meditation
WED258 Auditory Meditation
WED259 Visual Meditation
WED275 Practicum: Teaching Healing Meditation,
Stress Management

Prerequisite Requirements:

HCC130 Fundamentals in Health Care Delivery OR
HCC130AA Health Care Today
HCC130AB Workplace Behaviors in Health Care
HCC130AC Personal Wellness and Safety
HCC130AD Communication and Team work in Health Care
Organizations
HCC130AE Legal & Ethical Issues in Health Care
HCC130AF Decision Making in Health Care Setting AND
HCC145AA Medical Terminology for Health Care Workers I

Are you ready to become a Certified Personal Trainer? The Fitness Center offers the classes you need.



STRENGTH AND CONDITIONING PERSONAL TRAINER CERTIFICATE PROGRAM

Paradise Valley Community College offers a 31 credit Strength and Conditioning Personal Trainer Certificate Program. This program prepares students for employment in the fitness industry as Strength and Conditioning Personal Trainers/Coaches. The curriculum provides students with a fundamental knowledge of human physiology and anatomy, prevention and treatment of exercise related injuries, emergency response readiness, health appraisals and assessments; application of exercise fitness principles and strength training techniques; a fundamental knowledge of nutrition, weight control, stress management and exercise physiology, and biomechanics; skills in exercise testing and fitness measures as well as writing exercise prescriptions and program designs for diverse populations. For more information, contact Dale Heuser, 602-787-7276, or visit our website: www.pvc.maricopa.edu/fitness/PT_main.html Upon completion, national ACSM Personal Trainer certification test available through the American College of Sports Medicine (www.acsm.org) or NASM - National Academy of Sports Medicine (nasm.org).

Required Courses: Credits: 31

BIO160 Introduction to Human Anatomy and Physiology
HES271 Prevention and Treatment of Athletic Injuries
HES100 Healthful Living
HES154 First Aid/Cardiopulmonary Resuscitation
PED112 Professional Applications of Fitness Principles
PED125 Exercise Science
PED130 Strength Fitness-Physiological Principles and Training Techniques
PED145 Guidelines for Exercise Testing and Prescription
PED275 Methods of Enhancing Physical Performance
PED285 Exercise Program Design and Instruction

STRENGTH, NUTRITION AND PERSONAL TRAINING

The Strength, Nutrition and Personal training Associate in Applied Science (AAS) prepares students with the knowledge and experience required to be eligible for the American College of Sports Medicine (ACSM) Health and Fitness Instructor Certification, ACSM personal trainer certification, the National Strength and Conditioning Association (NSCA) personal trainer certification, and the American Council on exercise (ACE) personal trainer certification. This degree will provide students with a stronger educational background, making them more marketable in the field of fitness and nutrition. This degree will also meet the needs of individuals with existing degrees in such fields as Exercise Physiology, Nutrition, Athletic Training and other health-related disciplines. Registered dietitians, clinical exercise physiologists, personal trainers, exercise specialists, strength and conditioning specialists, coaches, athletes and others interested in acquiring knowledge in exercise, nutrition and health are also eligible for this program. For more information see our website: www.pvc.maricopa.edu/fitness/PT_AAS_Degree.htm or contact Dale Heuser at 602-787-7276.

Academic Transfer Programs

PVCC offers several programs of study for students who are planning on transferring on to another college/university to complete their degree. You can get started in an academic degree in:

DANCE

(Associate in Fine Arts Degree)

The emphasis of the dance program at PVCC is our commitment to a student learning experience which values the individual creative voice and cultural diversity. Students are encouraged to pursue their own dance making goals and to draw from their personal and cultural experiences in their creative process. The dance program also offers scholarships and performance opportunities every semester to all dance majors.

A Fine Arts Degree recognizes and verifies a student's ability in a specific arts discipline. The proposed AAFA in dance would inspire degree completion in PVCC dance students while providing the first two years of classes for students wishing to transfer to a university program. Dancers who do not transfer to university programs often immediately choose to work in the field as freelance choreographers, performers in musicals, in dance companies presenting concert work, on cruise ships, or in stage shows in theme parks or major cities. A student may also choose to open his or her own dance studio, or teach in the K-12 education system.

Dance Requirements:

35 credits of General Education Core

29 credits of Dance to include:

Part I (11 credits):

DAN150 Dance Performance

DAN210 Dance Production

DAN221 Rhythmic Theory

DAN264 Choreography

DAN280 Dance Practicum

Part II (9 credits):

Nine credits of dance technique to include minimum of Level III competency in modern and ballet.

Part III (9 credits):

Nine credits of other dance credits, as prescribed by the dance adviser, no more than three credits of which can be technique/performance classes.

DANCE AUDITIONS

No prepared materials needed. Dance training preferred, but not required. For more information contact Sonia Valle at (602) 787-6808.

EXERCISE AND WELLNESS

PVCC students can begin a transfer degree program at PVCC and then complete their undergraduate program at ASU in Exercise and Wellness. The ASU Exercise and Wellness program offers an undergraduate degree with two concentrations (Exercise and Wellness Concentration and Health Promotion concentration). Students who obtain a B.S. in Exercise and Wellness have a variety of employment opportunities or are prepared for several different types of post-graduate education. Some of the many career options include careers in the commercial fitness settings, employee wellness, clinical settings, and community fitness and wellness settings. See the PVCC Advising website for the MAPPS program transfer to ASU: <http://www.pvc.maricopa.edu/advisement/>. If you are majoring in Exercise and Wellness, please contact Karen Fehr, (602) 787-7286.

FIRE SCIENCE

(Transfer Programs with Participating Universities)

This two year Associate in Applied Science Degree is recommended if you plan a career in the fire service. The MAPPS program means students complete their freshman and sophomore years' requirements at a Maricopa County Community College and their junior and senior years' requirements at the university. Participating universities offer a multidisciplinary Bachelor in Applied Science (BAS) degree. The BAS is a flexible degree plan designed specifically for students who have earned community college Associate in Applied Science (AAS) degrees. To be admit-

ted to a BAS, you must complete an AAS degree at a regionally accredited post-secondary institution. You can then earn the BAS by completing a 60 credit hour program offered by a university. For more information, contact Captain Paul Sunder at (602) 787-6782 or (602) 787-6736.

KINESIOLOGY

Kinesiology is a discipline emphasizing the study of movement as it relates to physical activity, health and disease prevention, exercise and sport. Using both human and animal models and reflecting research ranging from basic to applied, it draws from an interdisciplinary body of knowledge grounded in the biological,

psychological, physical and social sciences. If you would like to follow the ASU B.S. in Kinesiology, you can prepare yourself for application for a number of graduate programs in Biomechanics, exercise physiology, motor control, motor development studies, sport and exercise psychology. Kinesiology graduates have a wide range of career options in health professions, the fitness industry and the sports industry. Some typical job paths include: physical/occupational therapy, medicine, dentistry, pharmacy, cardiac rehabilitation, pharmaceutical sales and exercise equipment manufacturing.

Details on the Transfer Programs with the Maricopa Community Colleges can be obtained by contacting Dale Heuser at 602-787-7276.

RECREATION

You can begin your recreation degree program at PVCC. In addition to the general education requirements, PVCC offers REC 120 (Leisure and the Quality of Life) and REC230 (Program Recreation-Serv.). At the undergraduate level, ASU MAIN department offers a Bachelor of Science Degree that is accredited by the National Recreation and Park Association (NRPA). Undergraduate students choose between five emphasis areas; community recreation, travel and tourism, outdoor recreation, therapeutic recreation and nonprofit/youth agency leadership. Public sector and for-profit recreation operations, resorts, employee recreation, special events, and non-profit agency recreation services have continued to grow to meet recreation demands. Employment for recreation therapists and people to work with special populations has remained steady. Employment opportunities are expanding in areas such as resorts, outdoor recreation programs, fitness facilities, private membership clubs, military recreation, camps, and commercial recreation businesses. In addition job opportunities for many recreation services occur in Federal, State, and local recreation agencies.

Details on the MAPPS program transfer to ASU with the Maricopa Community Colleges can be obtained by going to PVCC Advising website: <http://www.pvc.maricopa.edu/advisement/>.