

Name: Student ID:

Bachelor of Science

Major: Fitness Management Composite

Spec. Personal Training & Strength

Catalog: 2015-16

Updated: Audited:

UNIVERSITY GENERAL EDUCATION CORE - 43 hrs				COMPOSITE MAJOR			
	Inst.	Hours	Grade	Fitness Management Core - 29 (4) hrs	Inst.	Hours	Grade
Choose one: COMS 1301, 1303, 2302 or 2303 - 3 hrs				MGMT 3304 - 3 hrs			
				EXSS 1301 - 3 hrs			
ENGL 1301 - 3 hrs				EXSS 2304 - 3 hrs			
ENGL 1302 - 3 hrs				EXSS 2305 - 3 hrs			
ENGL Literature Elective - 3 hrs				EXSS 3312 - 3 hrs			
Choose one: ECON 2307, EDUC 2307, GEOG 1301,				EXSS 3315 - 3 hrs EXSS 3320 - 3 hrs			
GEOG 1302, PHIL 1301, PSYC 1301 or SOCI 1301 - 3 hrs	i			EXSS 3322 - 3 hrs			
,				EXSS 4100 - 1 hr			
Choose one: ART. 1301, ART. 2301, ART. Studio Course,				BIOL 2401 or 3408 - (4) hrs			
MUSI 1301, 1303, 3304, 3305, 3306, Performing Ensemble	es,						
or THEA 1303 - 3 hrs							
MATU 4204 or binhan 2 has					Dan	Have	Massi
MATH 1304 or higher - 3 hrs				Total Hours in Fitness Mgmt. Core	Req. 29	Have 0	Need 29
Laboratory Science - 4 hrs (Life or Physical)				COMPOSITE MAJOR (cont'd)	29	0	23
Laboratory Colonics Time (Line of Tinyoloal)				Spec Personal Training & Strength - 18 (1) hrs	Inst.	Hours	Grade
HIST 1303 and HIST 1304 - 6 hrs OR				EXSS 1114 - (1) hrs			
HIST 2301 and HIST 2302 - 6 hrs				EXSS 3307 - 3 hrs			
				EXSS 4114 - 1 hr			
RLGN 1301 or RLGN 1303 - 3 hrs				EXSS 4163 - 1 hr			
RLGN 1302 or RLGN 1304 - 3 hrs				EXSS 4164 - 1 hr EXSS 4300 - 3 hrs			
POLS 2301 - 3 hrs				EXSS 4300 - 3 hrs EXSS 4301 - 3 hrs			
. 525 2551 6 1116				EXSS 3308 or EXSS 3316 - 3 hrs			
EXSS 1112 - 1 hr				One hour from:			
EXSS Activity - 1 hr				EXSS 1109			
				EXSS 1117			
UNIV 1100/1101 - 1 hr				EXSS 1133			
GRAD 0001 - 0 hrs				EXSS 1140			
DEGREE SPECIFIC GENERAL EDUCATION - 14 hrs				One hour from: EXSS 1122			
	Inst.	Hours	Grade	EXSS 1125			
MATH 1306 - 3 hrs			0.00				
III				EXSS 1139			
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co	re)			EXSS 1139 EXSS 1142			
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co Laboratory Science or POLS/PSYC/SOCI 3411 - 4 hrs	re)			EXSS 1142	Req.	Have	Need
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co	re)			EXSS 1142 Total Hours in Specialization	18	Have 0	Need 18
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co Laboratory Science or POLS/PSYC/SOCI 3411 - 4 hrs Choose one: COSC 2311, EDIT 2310 or MSCI 2311 - 3 hrs			Need	EXSS 1142 Total Hours in Specialization Minimum GPA Required in Composite Major	18 2.00	0	18
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co Laboratory Science or POLS/PSYC/SOCI 3411 - 4 hrs Choose one: COSC 2311, EDIT 2310 or MSCI 2311 - 3 hrs	Req.	Have	Need	EXSS 1142 Total Hours in Specialization Minimum GPA Required in Composite Major Upper-Level Hours in Composite Major	18		
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co Laboratory Science or POLS/PSYC/SOCI 3411 - 4 hrs Choose one: COSC 2311, EDIT 2310 or MSCI 2311 - 3 hrs		Have 0	Need 57	EXSS 1142 Total Hours in Specialization Minimum GPA Required in Composite Major	18 2.00	0	18 31
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co Laboratory Science or POLS/PSYC/SOCI 3411 - 4 hrs Choose one: COSC 2311, EDIT 2310 or MSCI 2311 - 3 hrs	Req.			EXSS 1142 Total Hours in Specialization Minimum GPA Required in Composite Major Upper-Level Hours in Composite Major	18 2.00 31	0	18
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co Laboratory Science or POLS/PSYC/SOCI 3411 - 4 hrs Choose one: COSC 2311, EDIT 2310 or MSCI 2311 - 3 hrs I Total Hours in General Education	Req. 57			EXSS 1142 Total Hours in Specialization Minimum GPA Required in Composite Major Upper-Level Hours in Composite Major ELECTIVES	18 2.00 31	0	18 31
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co Laboratory Science or POLS/PSYC/SOCI 3411 - 4 hrs Choose one: COSC 2311, EDIT 2310 or MSCI 2311 - 3 hrs Total Hours in General Education Notes:	Req. 57			EXSS 1142 Total Hours in Specialization Minimum GPA Required in Composite Major Upper-Level Hours in Composite Major ELECTIVES UL Elective - 3 hrs UL Elective - 3 hrs UL Elective - 3 hrs	18 2.00 31	0	18 31
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co Laboratory Science or POLS/PSYC/SOCI 3411 - 4 hrs Choose one: COSC 2311, EDIT 2310 or MSCI 2311 - 3 hrs Total Hours in General Education Notes: *11 hours of electives must be upper-level to meet gradu	Req. 57			EXSS 1142 Total Hours in Specialization Minimum GPA Required in Composite Major Upper-Level Hours in Composite Major ELECTIVES UL Elective - 3 hrs UL Elective - 3 hrs UL Elective - 3 hrs UL Elective - 2 hrs	18 2.00 31	0	18 31
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co Laboratory Science or POLS/PSYC/SOCI 3411 - 4 hrs Choose one: COSC 2311, EDIT 2310 or MSCI 2311 - 3 hrs Total Hours in General Education Notes: *11 hours of electives must be upper-level to meet gradu	Req. 57			EXSS 1142 Total Hours in Specialization Minimum GPA Required in Composite Major Upper-Level Hours in Composite Major ELECTIVES UL Elective - 3 hrs Elective - 3 hrs	18 2.00 31	0	18 31
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co Laboratory Science or POLS/PSYC/SOCI 3411 - 4 hrs Choose one: COSC 2311, EDIT 2310 or MSCI 2311 - 3 hrs Total Hours in General Education Notes: *11 hours of electives must be upper-level to meet gradu	Req. 57			EXSS 1142 Total Hours in Specialization Minimum GPA Required in Composite Major Upper-Level Hours in Composite Major ELECTIVES UL Elective - 3 hrs UL Elective - 3 hrs UL Elective - 2 hrs Elective - 3 hrs Elective - 3 hrs Elective - 3 hrs	18 2.00 31	0	18 31
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co Laboratory Science or POLS/PSYC/SOCI 3411 - 4 hrs Choose one: COSC 2311, EDIT 2310 or MSCI 2311 - 3 hrs Total Hours in General Education Notes: *11 hours of electives must be upper-level to meet gradu	Req. 57			EXSS 1142 Total Hours in Specialization Minimum GPA Required in Composite Major Upper-Level Hours in Composite Major ELECTIVES UL Elective - 3 hrs UL Elective - 3 hrs UL Elective - 2 hrs Elective - 3 hrs	18 2.00 31	0	18 31
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co Laboratory Science or POLS/PSYC/SOCI 3411 - 4 hrs Choose one: COSC 2311, EDIT 2310 or MSCI 2311 - 3 hrs Total Hours in General Education Notes: *11 hours of electives must be upper-level to meet gradu	Req. 57			EXSS 1142 Total Hours in Specialization Minimum GPA Required in Composite Major Upper-Level Hours in Composite Major ELECTIVES UL Elective - 3 hrs UL Elective - 3 hrs UL Elective - 2 hrs Elective - 3 hrs Elective - 3 hrs Elective - 3 hrs	18 2.00 31	0	18 31
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co Laboratory Science or POLS/PSYC/SOCI 3411 - 4 hrs Choose one: COSC 2311, EDIT 2310 or MSCI 2311 - 3 hrs Total Hours in General Education Notes: *11 hours of electives must be upper-level to meet gradu	Req. 57			EXSS 1142 Total Hours in Specialization Minimum GPA Required in Composite Major Upper-Level Hours in Composite Major ELECTIVES UL Elective - 3 hrs UL Elective - 3 hrs UL Elective - 3 hrs UL Elective - 2 hrs Elective - 3 hrs	18 2.00 31	0	18 31
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co Laboratory Science or POLS/PSYC/SOCI 3411 - 4 hrs Choose one: COSC 2311, EDIT 2310 or MSCI 2311 - 3 hrs Total Hours in General Education Notes: *11 hours of electives must be upper-level to meet gradu	Req. 57			EXSS 1142 Total Hours in Specialization Minimum GPA Required in Composite Major Upper-Level Hours in Composite Major ELECTIVES UL Elective - 3 hrs UL Elective - 3 hrs UL Elective - 3 hrs UL Elective - 2 hrs Elective - 3 hrs	18 2.00 31	0	18 31
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co Laboratory Science or POLS/PSYC/SOCI 3411 - 4 hrs Choose one: COSC 2311, EDIT 2310 or MSCI 2311 - 3 hrs Total Hours in General Education Notes: *11 hours of electives must be upper-level to meet gradu	Req. 57			EXSS 1142 Total Hours in Specialization Minimum GPA Required in Composite Major Upper-Level Hours in Composite Major ELECTIVES UL Elective - 3 hrs UL Elective - 3 hrs UL Elective - 3 hrs UL Elective - 2 hrs Elective - 3 hrs	18 2.00 31	0	18 31
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co Laboratory Science or POLS/PSYC/SOCI 3411 - 4 hrs Choose one: COSC 2311, EDIT 2310 or MSCI 2311 - 3 hrs Total Hours in General Education Notes: *11 hours of electives must be upper-level to meet gradu	Req. 57			EXSS 1142 Total Hours in Specialization Minimum GPA Required in Composite Major Upper-Level Hours in Composite Major ELECTIVES UL Elective - 3 hrs UL Elective - 3 hrs UL Elective - 3 hrs UL Elective - 2 hrs Elective - 3 hrs	18 2.00 31 Inst.	0 0 Hours	18 31 Grade
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co Laboratory Science or POLS/PSYC/SOCI 3411 - 4 hrs Choose one: COSC 2311, EDIT 2310 or MSCI 2311 - 3 hrs Total Hours in General Education Notes: *11 hours of electives must be upper-level to meet gradu	Req. 57			EXSS 1142 Total Hours in Specialization Minimum GPA Required in Composite Major Upper-Level Hours in Composite Major ELECTIVES UL Elective - 3 hrs UL Elective - 3 hrs UL Elective - 2 hrs Elective - 3 hrs	18 2.00 31 Inst.	0 0 Hours	31 Grade Need
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co Laboratory Science or POLS/PSYC/SOCI 3411 - 4 hrs Choose one: COSC 2311, EDIT 2310 or MSCI 2311 - 3 hrs Total Hours in General Education Notes: *11 hours of electives must be upper-level to meet gradu	Req. 57			EXSS 1142 Total Hours in Specialization Minimum GPA Required in Composite Major Upper-Level Hours in Composite Major ELECTIVES UL Elective - 3 hrs UL Elective - 3 hrs UL Elective - 3 hrs UL Elective - 2 hrs Elective - 3 hrs	18 2.00 31 Inst.	Hours Have	18 31 Grade
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co Laboratory Science or POLS/PSYC/SOCI 3411 - 4 hrs Choose one: COSC 2311, EDIT 2310 or MSCI 2311 - 3 hrs Total Hours in General Education Notes: *11 hours of electives must be upper-level to meet gradurequirements.	Req. 57			EXSS 1142 Total Hours in Specialization Minimum GPA Required in Composite Major Upper-Level Hours in Composite Major ELECTIVES UL Elective - 3 hrs UL Elective - 3 hrs UL Elective - 2 hrs Elective - 3 hrs	18 2.00 31 Inst.	0 0 Hours	31 Grade Need
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co Laboratory Science or POLS/PSYC/SOCI 3411 - 4 hrs Choose one: COSC 2311, EDIT 2310 or MSCI 2311 - 3 hrs Total Hours in General Education Notes: *11 hours of electives must be upper-level to meet gradurequirements. GRADUATION REQUIREMENTS: General Education	Req. 57 ation	0	57	EXSS 1142 Total Hours in Specialization Minimum GPA Required in Composite Major Upper-Level Hours in Composite Major ELECTIVES UL Elective - 3 hrs Elective - 2 hrs	18 2.00 31 Inst.	Have 0 0	18 31 Grade
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co Laboratory Science or POLS/PSYC/SOCI 3411 - 4 hrs Choose one: COSC 2311, EDIT 2310 or MSCI 2311 - 3 hrs Total Hours in General Education Notes: *11 hours of electives must be upper-level to meet gradu requirements. GRADUATION REQUIREMENTS: General Education Composite Major - Fitness Mgmt. Core	Req. 57 ation	Have 0 0	Need 57 29	EXSS 1142 Total Hours in Specialization Minimum GPA Required in Composite Major Upper-Level Hours in Composite Major UL Elective - 3 hrs UL Elective - 3 hrs UL Elective - 2 hrs UL Elective - 2 hrs Elective - 3 hrs Elective - 2 hrs	18 2.00 31 Inst.	Have 0 0 Hours	18 31 Grade Need 25 11 +AH
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co Laboratory Science or POLS/PSYC/SOCI 3411 - 4 hrs Choose one: COSC 2311, EDIT 2310 or MSCI 2311 - 3 hrs Total Hours in General Education Notes: *11 hours of electives must be upper-level to meet gradu requirements. GRADUATION REQUIREMENTS: General Education Composite Major - Fitness Mgmt. Core Composite Major (cont'd) - Specialization	Req. 57 ation Req. 57 29 18	Have 0 0 0	Need 57 29 18	EXSS 1142 Total Hours in Specialization Minimum GPA Required in Composite Major Upper-Level Hours in Composite Major UL Elective - 3 hrs UL Elective - 3 hrs UL Elective - 2 hrs UL Elective - 2 hrs Elective - 3 hrs Elective - 2 hrs	18 2.00 31 Inst.	Have 0 0 Hours	18 31 Grade Need 25 11 +AH
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co Laboratory Science or POLS/PSYC/SOCI 3411 - 4 hrs Choose one: COSC 2311, EDIT 2310 or MSCI 2311 - 3 hrs Total Hours in General Education Notes: *11 hours of electives must be upper-level to meet gradu requirements. GRADUATION REQUIREMENTS: General Education Composite Major - Fitness Mgmt. Core Composite Major (cont'd) - Specialization Electives	Req. 57 ation Req. 57 29 18 25	Have 0 0 0 0	Need 57 29 18 25	EXSS 1142 Total Hours in Specialization Minimum GPA Required in Composite Major Upper-Level Hours in Composite Major UL Elective - 3 hrs UL Elective - 3 hrs UL Elective - 2 hrs UL Elective - 2 hrs Elective - 3 hrs Elective - 2 hrs	18 2.00 31 Inst.	Have 0 0 Hours	18 31 Grade Need 25 11 +AH
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co Laboratory Science or POLS/PSYC/SOCI 3411 - 4 hrs Choose one: COSC 2311, EDIT 2310 or MSCI 2311 - 3 hrs Total Hours in General Education Notes: *11 hours of electives must be upper-level to meet gradurequirements. GRADUATION REQUIREMENTS: General Education Composite Major - Fitness Mgmt. Core Composite Major (cont'd) - Specialization Electives Additional Electives/Major/Minor (Optional)	Req. 57 ation Req. 57 29 18 25 0	Have 0 0 0 0	Need 57 29 18 25 0	EXSS 1142 Total Hours in Specialization Minimum GPA Required in Composite Major Upper-Level Hours in Composite Major UL Elective - 3 hrs UL Elective - 3 hrs UL Elective - 2 hrs UL Elective - 2 hrs Elective - 3 hrs Elective - 2 hrs	18 2.00 31 Inst.	Have 0 0 Hours	18 31 Grade Need 25 11 +AH
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co Laboratory Science or POLS/PSYC/SOCI 3411 - 4 hrs Choose one: COSC 2311, EDIT 2310 or MSCI 2311 - 3 hrs Total Hours in General Education Notes: *11 hours of electives must be upper-level to meet gradurequirements. General Education GRADUATION REQUIREMENTS: General Education Composite Major - Fitness Mgmt. Core Composite Major (cont'd) - Specialization Electives Additional Electives/Major/Minor (Optional) Additional Electives/Major/Minor (Optional)	Req. 57 ation Req. 57 18 25 0 0 0	Have 0 0 0 0 0	Need 57 29 18 25 0 0	EXSS 1142 Total Hours in Specialization Minimum GPA Required in Composite Major Upper-Level Hours in Composite Major UL Elective - 3 hrs UL Elective - 3 hrs UL Elective - 2 hrs UL Elective - 2 hrs Elective - 3 hrs Elective - 2 hrs	18 2.00 31 Inst.	Have 0 0 Hours	18 31 Grade Need 25 11 +AH
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co Laboratory Science or POLS/PSYC/SOCI 3411 - 4 hrs Choose one: COSC 2311, EDIT 2310 or MSCI 2311 - 3 hrs Total Hours in General Education Notes: *11 hours of electives must be upper-level to meet gradurequirements. GRADUATION REQUIREMENTS: General Education Composite Major - Fitness Mgmt. Core Composite Major (cont'd) - Specialization Electives Additional Electives/Major/Minor (Optional) Additional Electives/Major/Minor (Optional) Less Dual-Counted Hours	Req. 57 ation Req. 57 29 18 25 0 0 -5	Have 0 0 0 0	Need 57 29 18 25 0 0 -5	EXSS 1142 Total Hours in Specialization Minimum GPA Required in Composite Major Upper-Level Hours in Composite Major UL Elective - 3 hrs UL Elective - 3 hrs UL Elective - 2 hrs UL Elective - 2 hrs Elective - 3 hrs Elective - 2 hrs	18 2.00 31 Inst.	Have 0 0 Hours	18 31 Grade Need 25 11 +AH
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co Laboratory Science or POLS/PSYC/SOCI 3411 - 4 hrs Choose one: COSC 2311, EDIT 2310 or MSCI 2311 - 3 hrs Total Hours in General Education Notes: *11 hours of electives must be upper-level to meet gradurequirements. GRADUATION REQUIREMENTS: General Education Composite Major - Fitness Mgmt. Core Composite Major (cont'd) - Specialization Electives Additional Electives/Major/Minor (Optional) Additional Electives/Major/Minor (Optional) Less Dual-Counted Hours	Req. 57 ation Req. 57 18 25 0 0 0	Have 0 0 0 0 0	Need 57 29 18 25 0 0	EXSS 1142 Total Hours in Specialization Minimum GPA Required in Composite Major Upper-Level Hours in Composite Major UL Elective - 3 hrs UL Elective - 3 hrs UL Elective - 2 hrs UL Elective - 2 hrs Elective - 3 hrs Elective - 2 hrs	18 2.00 31 Inst.	Have 0 0 Hours	18 31 Grade Need 25 11 +AH
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co Laboratory Science or POLS/PSYC/SOCI 3411 - 4 hrs Choose one: COSC 2311, EDIT 2310 or MSCI 2311 - 3 hrs Total Hours in General Education Notes: *11 hours of electives must be upper-level to meet gradurequirements. GRADUATION REQUIREMENTS: General Education Composite Major - Fitness Mgmt. Core Composite Major (cont'd) - Specialization Electives Additional Electives/Major/Minor (Optional) Additional Electives/Major/Minor (Optional) Less Dual-Counted Hours	Req. 57 ation Req. 57 29 18 25 0 0 -5	Have 0 0 0 0	Need 57 29 18 25 0 0 -5	EXSS 1142 Total Hours in Specialization Minimum GPA Required in Composite Major Upper-Level Hours in Composite Major UL Elective - 3 hrs UL Elective - 3 hrs UL Elective - 2 hrs UL Elective - 2 hrs Elective - 3 hrs Elective - 2 hrs	18 2.00 31 Inst.	Have 0 0 Hours	18 31 Grade Need 25 11 +AH
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co Laboratory Science or POLS/PSYC/SOCI 3411 - 4 hrs Choose one: COSC 2311, EDIT 2310 or MSCI 2311 - 3 hrs Total Hours in General Education Notes: *11 hours of electives must be upper-level to meet gradu requirements. General Education Composite Major - Fitness Mgmt. Core Composite Major (cont'd) - Specialization Electives Additional Electives/Major/Minor (Optional) Additional Electives/Major/Minor (Optional) Less Dual-Counted Hours Total Hours Required (Minimum 124)	Req. 57 ation Req. 57 29 18 25 0 -5 124	Have 0 0 0 0 0 0 0	Need 57 29 18 25 0 0 -5 124	EXSS 1142 Total Hours in Specialization Minimum GPA Required in Composite Major Upper-Level Hours in Composite Major UL Elective - 3 hrs UL Elective - 3 hrs UL Elective - 2 hrs UL Elective - 2 hrs Elective - 3 hrs Elective - 2 hrs	18 2.00 31 Inst.	Have 0 0 Hours	18 31 Grade Need 25 11 +AH
Laboratory Science - 4 hrs (from area not fulfilled in Univ. Co Laboratory Science or POLS/PSYC/SOCI 3411 - 4 hrs Choose one: COSC 2311, EDIT 2310 or MSCI 2311 - 3 hrs Total Hours in General Education Notes: *11 hours of electives must be upper-level to meet gradu requirements. GRADUATION REQUIREMENTS: General Education Composite Major - Fitness Mgmt. Core Composite Major (cont'd) - Specialization Electives Additional Electives/Major/Minor (Optional) Additional Electives/Major/Minor (Optional) Less Dual-Counted Hours Total Hours Required (Minimum 124) Wayland Residency Hours Required	Req. 57 ation Req. 57 29 18 25 0 0 -5 124 31	Have 0 0 0 0 0 0 0	Need 57 29 18 25 0 0 -5 124	EXSS 1142 Total Hours in Specialization Minimum GPA Required in Composite Major Upper-Level Hours in Composite Major UL Elective - 3 hrs UL Elective - 3 hrs UL Elective - 2 hrs UL Elective - 2 hrs Elective - 3 hrs Elective - 2 hrs	18 2.00 31 Inst.	Have 0 0 Hours	18 31 Grade Need 25 11 +AH