

To assist students in planning their schedules, Diablo Valley College has prepared a list of required courses to be offered each term. This list is subject to change due to fiscal constraints and availability of staff and/or facilities, but it should help you in planning your schedule. By scheduling your classes according to this course sequence guide, you will be able to finish the major requirements certificate of achievement in two years or less depending on the number of units you take each term. In addition to these required courses some programs require students to select other courses from a list of restricted electives. Verify offerings with program faculty, counselors and the online schedule of classes.

Fitness Instruction-

Associate in science

Course sequence

X= term offered

Required courses

	year	fall	spring	summer
HSCI 230	1,2	X	X	
KINES 234	1,2	X	X	
KINES 240	1,2	X	X	X
KINES 242	1,2	X	X	
KINES 246	1,2	X	X	
KINES 250	1		X	
KINES 252	1	X		
KINES 254	1	X	X	
KINES 255	1	X	X	

Plus at least 3 units from:

BIOSC 101	1,2	X	X	X
BIOSC 102	1,2	X	X	X
BIOSC 116	1,2	X	X	X
BIOSC 117	1,2	X	X	
BIOSC 120	1,2	X	X	
BIOSC 139	1,2	X	X	X
BIOSC 140	1,2	X	X	

Plus at least 3 units from:

HSCI 124	1,2	X	X	X
HSCI 170	1,2	X	X	X

Plus at least 3 units from:

NUTRI 120	1,2	X	X	
NUTRI 160	1,2	X	X	X

Plus at least 2 unit from:

KNACT 146A	1,2	X	X	X
KNACT 146B	1,2	X	X	X
KNACT 146C	1,2	X	X	X
KNACT 146D	1,2	X	X	X
KNACT 148A	1,2	X	X	X

Plus at least 2 units from:

KNACT 114A	1,2	X	X	X
KNACT 114B	1,2	X	X	X
KNACT110A	1,2	X	X	X
KNACT110B	1,2	X	X	X
KNACT110C	1,2	X	X	X
KNACT 122A	1,2	X	X	X
KNACT120	1,2	X	X	X
KNACT 126	1,2	X	X	X
KNACT 144A	1,2	X	X	X
KNACT 144B	1,2	X	X	X
KNACT 124A	1,2	X	X	X
KNACT 124B	1,2	X	X	X
KNACT 128A	1,2	X	X	X
KNACT 128B	1,2	X	X	X
KNACT 140	1,2	X	X	X
KNACT 105A	1,2	X	X	X

Kinesiology: -

Associate in science

Course sequence

X= term offered

Required courses

	year	fall	spring	summer
HSCI 230	1,2	X	X	
KINES 210	1,2	X	X	X
KINES 234	1,2	X	X	
KINES 240	1,2	X	X	X
KINES 242	1,2	X	X	
KINES 246	1,2	X	X	
PSYCH 101*	1,2	X	X	X
<i>Plus at least 3 units from:</i>				
NUTRI 120	1,2	X	X	
NUTRI 160	1,2	X	X	X

Coaching Emphasis

Plus at least 3 units from:

KINES 260	1,2	X		
KINES 261	1,2		X	
KINES 264	1,2		X	

Plus 2 units KNACT or KNICA

Plus at least 2 units from:

KNACT 100A	1,2	X	X	X
KNACT 136	1,2	X	X	X
KNACT 160A	1,2	X	X	X
KNACT 164A	1,2	X	X	X
KNACT 164B	1,2	X	X	X
KNACT 166	1,2	X	X	X
KNACT 170A	1,2	X	X	X
KNACT 176A	1,2	X	X	X
KNACT 182A	1,2	X	X	X
KNACT 195A	1,2	X	X	X
KNACT 174A	1,2	X	X	X
KNACT 174B	1,2	X	X	X
KINCA 194	1,2	X	X	X
KINCA200	1,2		X	
KINCA 202A	1,2	X		
KINCA 202B	1,2		X	
KINCA 203A	1,2	X		
KINCA 203B	1,2		X	
KINCA 206	1,2	X		
KINCA 210	1,2	X		
KINCA 215	1,2		X	
KINCA 216	1,2		X	
KINCA 217	1,2		X	
KINCA 223	1,2		X	
KINCA 224	1,2		X	
KINCA 225	1,2		X	

Sport and recreation management emphasis

KINES 220	1	X		
KINES 222	1,2	X	X	
KINES 223	1,2	X	X	

**Kinesiology: Coaching -
Certificate of achievement**

Course sequence

X= term offered

Required courses:

	year	fall	spring	summer
HSCI 230	1,2	X	X	
KINES 234	1,2	X	X	
KINES 240	1,2	X	X	X
KINES 242	1,2	X	X	
KINES 246	1,2	X	X	

Plus at least 3 units from:

NUTRI 120		X	X	
NUTRI 160		X	X	X

Plus at least 3 units from:

KINES 260	1	X		
KINES 262	1		X	
KINES 264	1		X	

Plus 2 units KNACT or KNICA

Plus at least 2 units from:

KNACT 100A	1,2	X	X	X
KNACT 136	1,2	X	X	X
KNACT 160A	1,2	X	X	X
KNACT 164A	1,2	X	X	X
KNACT 164B	1,2	X	X	X
KNACT 166	1,2	X	X	X
KNACT 170A	1,2	X	X	X
KNACT 176A	1,2	X	X	X
KNACT 182A	1,2	X	X	X
KNACT 195A	1,2	X	X	X
KNACT 174A	1,2	X	X	X
KNACT 174B	1,2	X	X	X
KINCA200	1,2		X	
KINCA 202A	1,2	X		
KINCA 202B	1,2		X	
KINCA 203A	1,2	X		
KINCA 203B	1,2		X	
KINCA 206	1,2	X		
KINCA 210	1,2	X		
KINCA 215	1,2		X	
KINCA 216	1,2		X	
KINCA 217	1,2		X	
KINCA 223	1,2		X	
KINCA 224	1,2		X	
KINCA 225	1,2		X	

Personal Training

Certificate of achievement

Course sequence

X= term offered

Required courses:

	year	fall	spring	summer
HSCI 230	1	X	X	
KINES 234	1	X	X	
KINES 240	1	X	X	X
KINES 242	1	X	X	
KINES 246	1	X	X	
KINES 250	1		X	
KINES 252	1	X		
KINES 254	1	X	X	
KINES 255	1	X	X	

Plus at least 3 units from:

NUTRI 115	1	X	X	
NUTRI 120	1	X	X	
NUTRI 160	1	X	X	X

Plus at least 1 unit from:

KNACT 146A	1,2	X	X	X
KNACT 146B	1,2	X	X	X
KNACT 146C	1,2	X	X	X
KNACT 146D	1,2	X	X	X
KNACT 148A	1,2	X	X	X

Plus at least 1 unit from:

KNACT 114A	1,2	X	X	X
KNACT 114B	1,2	X	X	X
KNACT110A	1,2	X	X	X
KNACT110B	1,2	X	X	X
KNACT110C	1,2	X	X	X
KNACT 122A	1,2	X	X	X
KNACT120	1,2	X	X	X
KNACT 126	1,2	X	X	X
KNACT 144A	1,2	X	X	X
KNACT 144B	1,2	X	X	X
KNACT 124A	1,2	X	X	X
KNACT 124B	1,2	X	X	X
KNACT 128A	1,2	X	X	X
KNACT 128B	1,2	X	X	X
KNACT 140	1,2	X	X	X
KNACT 105A	1,2	X	X	X

Sports medicine

Associate in science

Course sequence

X= term offered

Required courses:

	year	fall	spring	summer
BIOSC 139	2	X	X	X
KINES 230	1	X	X	
KINES 232	1,2	X	X	
KINES 234	1	X	X	
KINES 235	1	X	X	
KINES 236	1	X	X	
KINES 237	1	X	X	
KINES 238	2	X	X	
KINES 239	2	X	X	
KINES 240	1,2	X	X	X
KINES 242	1,2	X	X	
PSYCH	1,2	X	X	X

Plus at least 3 units from:

CHEM 108	1,2	X	X	X
CHEM 109	1,2	X	X	
CHEM 120	1,2	X	X	X
PHYS 110	1,2	X	X	X
PHYS 120	1,2	X	X	X

Plus at least one course from:

BIOSC 140	2	X	X	
HSCI 124	1,2	X	X	X

Plus at least 3 units from:

BIOSCI 101	1,2	X	X	X
BIOSCI 102	1,2	X	X	X
BIOSCI 130	1,2	X	X	
HSCI 230	1,2	X	X	
NUTRI 160	1,2	X	X	X
KINES 210	1,2	X	X	X
KINES 246	1,2	X	X	