

FITNESS INSTRUCTION - ASSOCIATE IN SCIENCE DEGREE SAMPLE SEQUENCE MAP

This form is designed to be used in partnership with academic counselors. Modifications may be necessary to meet your goals. Seek assistance from an academic counselor each semester to stay on track to completion of major/certificate. There are 3 General Education patterns available. Not all courses on the map are offered every term. Consult the Catalog and the Schedule of Classes for more details

0 – 15 UNITS		Pre- or co-reqs	Credit	GE
Semester 1	Area IA: English Composition: <i>ENGL 122 – First-Year College Composition and Reading</i>	Placement	3	IA
	Area IC: Mathematics Comprehension	Placement	3-5	IC
	Area IV: Social and Behavioral Sciences:		3	IV
	HSCI 230 – Advanced First Aid		3	
	KINES 234 – Introduction to Sports Medicine and Athletic Training		3	
	Total		15	

16 – 30 UNITS		Pre- or co-reqs	Credit	GE
Semester 2	Area IB: Communications and Analytical Thinking		3	IB
	KINES 240 – Principles of Optimizing Human Performance		3	
	KINES 246 – Sports and Exercise Psychology		3	
	KINES 242 - Exercise Techniques and Fitness Assessments		1	
	Major Applicable Elective: 2 units from KINES Catalog	See Catalog	2	
	KINES 248 – Sport and Society		3	
Total		15		

31 – 45 UNITS		Pre- or co-reqs	Credit	GE
Semester 3	Area III : Arts and Humanities :		3	III
	KINES 250 – Professional Aspects of Personal Training		3	
	KINES 252 – Professional Aspects of Group Personal Training		1.5	
	Major Applicable Elective: HSCI 124 OR HSCI 170	See Catalog	3	
	KINES 254 – Practical Experience in Personal Training and Fitness Instruction I		4	
	Degree Applicable Elective		.5	
Total		15		

46 – 60 UNITS		Pre- or co-reqs	Credit	GE
Semester 4	Major Applicable Elective: NUTRI 120 OR NUTRI 160		3	
	Area II: Natural Sciences: <i>3 Units Recommend from KNIES Catalog</i>		3	II
	Major Applicable Elective: 2 Units from KINES Catalog	See Catalog	2	
	Major Applicable Elective: 2 Units from KINES Catalog	See Catalog	2	
	KINES 255 - Practical Experience in Personal Training and Fitness Instruction II		4	
	Degree Applicable Elective		1	
Total		15		

Program total: 60

Tentative Planned Course Offering:

<u>FALL 2019</u>		<u>SPRING 2020</u>		<u>SUMMER</u> <u>2020</u>	<u>FALL 2020</u>		<u>SPRING 2021</u>	
KINES 100	KINES 239	KINES 100	KINES 240	KINES 210	KINES 100	KINES 239	KINES 100	KINES 240
KINES 210	KINES 240	KINES 210	KINES 242		KINES 210	KINES 240	KINES 210	KINES 242
KINES 220	KINES 242	KINES 222	KINES 250		KINES 220	KINES 242	KINES 222	KINES 250
KINES 222	KINES 248	KINES 230	KINES 254		KINES 222	KINES 248	KINES 230	KINES 254
KINES 223	KINES 252	KINES 232	KINES 255		KINES 223	KINES 254	KINES 232	KINES 255
KINES 230	KINES 254	KINES 234	KINES 257		KINES 230	KINES 255	KINES 234	KINES 257
KINES 232	KINES 255	KINES 235	KINES 265		KINES 232		KINES 235	KINES 265
KINES 234		KINES 236	KINES 266		KINES 234		KINES 236	KINES 266
KINES 236		KINES 237			KINES 236		KINES 237	
KINES 237		KINES 238			KINES 137		KINES 238	
KINES 238		KINES 239			KINES 238		KINES 239	