



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	See counselor	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	See counselor	.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	See counselor	1	
	Total		15	

Program total: 60