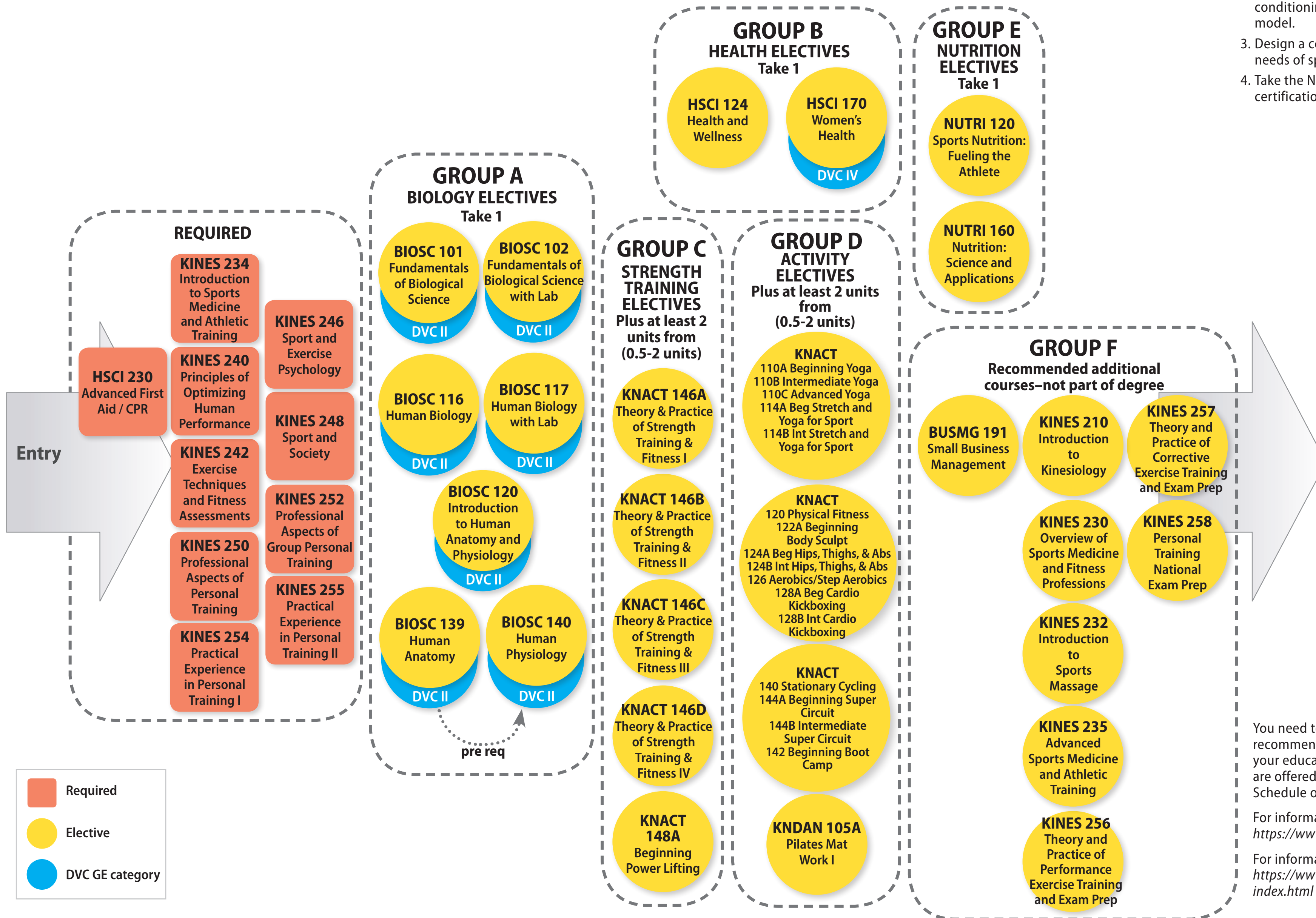


# Kinesiology Fitness Instruction AS

## PROGRAM LEARNING OUTCOMES

1. Conduct assessment of personal fitness levels.
2. Develop a conditioning program to improve conditioning levels utilizing the periodization model.
3. Design a conditioning program to meet the unique needs of special populations
4. Take the NASIV1/AFAA or other national certification exam.



## Careers in

- Physical education
- Personal trainer

You need to see a Counselor for specific recommendations about courses that will best meet your educational goals. Not all courses on the map are offered every term. Consult the Catalog and the Schedule of Classes for more details.

For information about transferring, see: <https://www.dvc.edu/enrollment/transfer/index.html>

For information on careers in this field see: <https://www.dvc.edu/enrollment/career-employment/index.html>