

**Program Requirements:**

"Program Requirements" specify the courses required for this program. See suggested course sequence for additional information.

**A major of 21 units is required for the degree.**

**Required core courses (15 units):**

COURSE	TITLE	UNITS
<input type="checkbox"/> BIOL 124	Human Anatomy	4
<input type="checkbox"/> BIOL 125	Human Physiology	4
<input type="checkbox"/> HED 100	Health and Wellness	3
<input type="checkbox"/> PE 100	Introduction to Kinesiology	3

**Plus a minimum of 1 unit selected from the PE (physical education) or PEIA (Physical Education Intercollegiate Athletics) discipline.**

**Plus a minimum of 6 units selected from the following:**

COURSE	TITLE	UNITS
<input type="checkbox"/> ATH 104	Care and Prevention of Athletic Injuries	3
<input type="checkbox"/> ATH 106	Orthopedic Injury Assess/Rehab	4
<input type="checkbox"/> FSN 110	Nutrition Science	3
<input type="checkbox"/> PE 106	Sports Officiating	3
<input type="checkbox"/> PE 128	Sport Psychology	3
<input type="checkbox"/> PE 129	First Aid-CPR: Educator/Coach	1
<input type="checkbox"/> REC 101	Intro to Recreation Management	3
<input type="checkbox"/> REC 105	Program Planning for Recreation	3
<input type="checkbox"/> REC 107	Recreational Sports Programming	3

## Suggested Course Sequence

The "Suggested Course Sequence" is an example of how to complete the requirements plus any additional general education that may be needed. If you would like to create a personalized Student Education Plan (SEP), schedule a meeting with a counselor.

### FALL SEMESTER (YEAR 1)

Course	Title	Units
<input type="checkbox"/> PE 100	Introduction to Kinesiology	3
<input type="checkbox"/> ELECTIVE	MAJOR ELECTIVE	3
<input type="checkbox"/> AHC GE REQ	Category 4B: Comm. and Analytical Thinking	3
<input type="checkbox"/> AHC Grad Req	Multicultural and Gender Studies	3
<input type="checkbox"/> ELECTIVE	100-LEVEL COURSE	3
<b>Total Units</b>		15 to 17

#### Tasks:

- Complete Career Exploration
- Meet with Counselor (SEP)
- Visit library & tutoring
- Review Financial Aid Requirements
- Apply AHC Scholarship

### SPRING SEMESTER (YEAR 1)

Course	Title	Units
<input type="checkbox"/> ENGL 100	Writing in Career/Tech Fields or	4
<input type="checkbox"/> ENGL 101	Freshman Composition: Exposition	4
<input type="checkbox"/> HED 100	Health and Wellness	3
<input type="checkbox"/> AHC GE REQ	Category 1: Natural Science	3-4
<input type="checkbox"/> AHC GE REQ	Category 2B: American History or Government	3
<b>Total Units</b>		14

#### Tasks:

- Set up Jobspeaker
- Attend Career Exploration Day
- FAFSA or Dream Act due March 2
- Apply AHC Scholarship

### FALL SEMESTER (YEAR 2)

Course	Title	Units
<input type="checkbox"/> BIOL 124	Human Anatomy	4
<input type="checkbox"/> ELECTIVE	MAJOR ELECTIVE	1 to 4
	IF 60 UNITS NOT MET, TAKE ANOTHER ELECTIVE	
<input type="checkbox"/> ELECTIVE	MAJOR ELECTIVE	3
<input type="checkbox"/> AHC GE REQ	Category 3: Humanities	3
<input type="checkbox"/> AHC Grad Req	Dance or Physical Activity	.5-3
	IF 60 UNITS NOT MET, TAKE ANOTHER ELECTIVE	
<input type="checkbox"/> ELECTIVE	100-LEVEL COURSE	3
<b>Total Units</b>		12 to 18

#### Tasks:

- Meet with a Counselor
- Develop Resume at Career Center
- Review Financial Aid Requirements
- Apply for AHC Scholarship

### SPRING SEMESTER (YEAR 2)

Course	Title	Units
<input type="checkbox"/> BIOL 125	Human Physiology	4
<input type="checkbox"/> AHC GE REQ	Category 2A: Social Sciences	3
<input type="checkbox"/> Elective	AHC 100 or 300 Level Course	3
	IF 60 UNITS NOT MET, TAKE ANOTHER ELECTIVE	
<input type="checkbox"/> ELECTIVE	100-LEVEL COURSE	3
<input type="checkbox"/> ELECTIVE	100-LEVEL COURSE	3
<b>Total Units</b>		9 to 15

#### Tasks:

- Apply for Degree with Counseling
- Utilize Job Search Resources
- FAFSA or Dream Act due March 2
- Attend Job Fair/Career Expo. Day