

**Program Requirements:**

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

## 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	Area 2: Mathematical Concepts and Quantitative Reasoning	3-5
<input type="checkbox"/> AHC GE Req	Area 6: Ethnic 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 and 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	Social and Personal Health and Wellness	3
<input type="checkbox"/> AHC GE REQ	Area 5: Natural Science	3-4
<input type="checkbox"/> AHC GE REQ	Area 4B: United States History and Government	3
<b>Total Units</b>		13-14

### Tasks:

- Set up Jobspeakr
- 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
<input type="checkbox"/> AHC GE REQ	Area 3: Arts and Humanities	3
<input type="checkbox"/> AHC Grad Req	Dance or Physical Activity	.5-3
<input type="checkbox"/> AHC GE REQ	Area 1B: Oral Comm. and Critical Thinking	3
<b>Total Units</b>		11.5-17

### 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	Area 4A: Social and Behavioral 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
<b>Total Units</b>		13

### Tasks:

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