

Program Requirements:

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

A major of 34-38 units is required for the associate in science degree.

Required core courses (34-38 units)

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"/> BIOL 100	Introductory Biology	4
<input type="checkbox"/> BIOL 124	Human Anatomy	4
<input type="checkbox"/> BIOL 125	Human Physiology	4
<input type="checkbox"/> FSN 110	Nutrition Science	3
<input type="checkbox"/> PE 100	Introduction to Kinesiology	3
<input type="checkbox"/> PE 129	First Aid-CPR: Educator/Coach	1
<input type="checkbox"/> MATH 123	Elementary Statistics	4
<input type="checkbox"/> PE 149	Cooperative Work Experience: Occupational	1 - 8.0 units
or		
<input type="checkbox"/> WEE 149	Work Experience Education: Occupational	1 - 8.0 units

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.

SUMMER SEMESTER (YEAR 1)

Course	Title	Units
<input type="checkbox"/> BIOL 100	Introductory Biology	4
Total Units		4
Tasks		

FALL SEMESTER (YEAR 1)

Course	Title	Units
<input type="checkbox"/> WEE 149	Work Experience Education: Occupational	1 - 8
<input type="checkbox"/> ATH 104	Care and Prevention of Athletic Injuries	3
<input type="checkbox"/> MATH 123	Elementary Statistics	4
<input type="checkbox"/> PE 100	Introduction to Kinesiology	3
<input type="checkbox"/> PE 129	First Aid-CPR: Educator/Coach	1
Total Units		14.0

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"/> BIOL 124	Human Anatomy	4
<input type="checkbox"/> WEE 149	Work Experience Education: Occupational	1 - 8
<input type="checkbox"/> ENGL 101	Freshman Composition: Exposition	4
<input type="checkbox"/> ATH 106	Orthopedic Injury Assess/Rehab	4
Total Units		15 to 17

Tasks:

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

SUMMER SEMESTER (YEAR 2)

Course	Title	Units
<input type="checkbox"/> CHEM 120	Introductory Chemistry	4
Total Units		4
Tasks		

FALL SEMESTER (YEAR 2)

Course	Title	Units
<input type="checkbox"/> BIOL 125	Human Physiology	4
<input type="checkbox"/> WEE 149	Work Experience Education: Occupational	1 - 8
<input type="checkbox"/> AHC GE Req	Area 6: Ethnic Studies	3
<input type="checkbox"/> ELECTIVE	100-LEVEL COURSE	3
<input type="checkbox"/> AHC GE REQ	Area 7: Living Skills	3
<input type="checkbox"/> AHC Grad Req	Dance or Physical Activity	.5-3
Total Units		14.0

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"/> FSN 110	Nutrition Science	3
<input type="checkbox"/> AHC GE REQ	Area 4A: Social and Behavioral Sciences	3
<input type="checkbox"/> AHC GE REQ	Area 1B: Oral Comm. and Critical Thinking	3
<input type="checkbox"/> AHC GE REQ	Area 4A: Social and Behavioral Sciences	3
<input type="checkbox"/> WEE 149	Work Experience Education: Occupational	1 - 8
Total Units		13 to 16

Tasks:

- Apply for Degree with Counseling

- Utilize Job Search Resources
- FAFSA or Dream Act due March 2
- Attend Job Fair/Career Expo. Day