

NAME: _____ SID#: _____

MAJOR: **FITNESS INSTRUCTOR TRAINING**
 (Certificate of Achievement and Associate in Science Degree)

| CERTIFICATE CORE REQUIREMENT | | Units | Other Colleges | N | IP | C |
|--|---------------------------------------|--------------|----------------|---|----|---|
| PFIT 10 | Weight Training | 1 | | | | |
| PFIT 14 | Exercise for Health & Fitness | .5 | | | | |
| PFIT 18A | Dance Aerobics I | .5 | | | | |
| PFIT 50 | Independent Fitness & Testing Program | 1 | | | | |
| PFIT 51 | Fitness & Wellness Strategies | 2 | | | | |
| PFIT 60 | Fitness Exercise Physiology | 1 | | | | |
| PFIT 63 | Fitness Anatomy & Kinesiology | 2 | | | | |
| PSYC 50 | Health Psychology | 3 | | | | |
| <i>Select one unit from PFIT Activity courses</i> | | 1 | | | | |
| <i>Select one unit from the following:</i> BUSC 100A-100C WP:Word/Win I-III (1 unit each) BUSC 101A-101C Adv. WP:Word/Win I-III (1unit each) BUSC 108C Computer Skills/Typing Skills I (.5) BUSC 109 Keyboarding for Computers (1) BUSC 121 Accessing Business Info. WWW (1) BUSC 122 Microsoft Windows (.5) | | 1 | | | | |
| <i>Select one course from the following:</i> HLTH 4 Healthy Living (3) NUTF 1 Nutrition (3) | | 3 | | | | |
| <i>Select one course from the following:</i> ANAT 5 Basic Human Anatomy & Physiology (recommended) (4) HLTH 5 Adv. First Aid & Emgcy. Care (2) PHED 41 Prevention & Care of Athletic Injuries. (3) | | 2-4 | | | | |
| <i>Take two units of PFIT 92 Teaching Aide from two of the following areas:</i> Dance Aerobics Independent Fitness (fitness testing) Weight Training (personal training) | | 2 | | | | |
| <i>Current Red Cross CPR Card Required</i> | | | | | | |
| TOTAL Certificate Units | | 20-22 | | | | |

ASSOCIATE DEGREE REQUIREMENTS

| | | | | |
|--|--------------|--|--|--|
| <i>Certificate Requirements</i> | 20-22 | | | |
| <i>No additional major courses required.</i> | | | | |

GRADUATION REQUIREMENTS

| | | | N | IP | C |
|--|-------------|-----------------|---|----|---|
| Reading Proficiency: | Test Score: | College Course: | | | |
| Writing Proficiency: | Test Score: | College Course: | | | |
| Math Proficiency: | Test Score: | College Course: | | | |
| Information Competency: | Test Score: | College Course: | | | |
| Major units identified above | | | | | |
| 21 Units in General Education Classes (Courses may count for both major and GE requirements) | | | | | |
| Elective units to total 60 Degree Applicable Units | | | | | |
| G.P.A. 2.0 | | | | | |
| 12 Units in residence | | | | | |

NOTES:
 Course Waived/Substituted:

Counselor Signature: _____ Date: _____