

Name: _____ SID #: _____ / _____ / _____

MAJOR: PHYSICAL FITNESS - FITNESS INSTRUCTOR TRAINING
(Career Technical | Certificate of Achievement • Associate in Science)

CERTIFICATE REQUIREMENTS	Units	Other Colleges	N	IP	C
REQUIRED CORE:	11.5-12.5				
PFIT 10A Beginning Weight Training (.5-1)					
PFIT 14 Exercise for Health & Fitness (.5)					
PFIT 18A Aerobic Fitness I (.5-1)					
PFIT 50 Independent Fitness & Testing Pgm (1)					
PFIT 51 Fitness & Wellness Strategies (2)					
PFIT 60 Fitness Exercise Physiology (1)					
PFIT 63 Fitness Anatomy & Kinesiology (2)					
PFIT 92 Teaching Aide - Physical Fitness (1)					
PSYC 50 Health Psychology (3)					
Current Red Cross CPR Card Required					
Select one unit from the following:	1				
PFIT: 8 (.5-1) 17A (.5-1) 21A (.5) 15A (.5-1) 20 (1) 22A (1)					
Select one unit from the following:	1				
BUSC: 108 (1) 140 (1) 142 (1) 109 (1) 141 (1) 143 (1) 170 (.5)					
Select one course from the following:	3				
HLTH 4 Healthy Living (3) NUTF 1 Nutrition (3)					
Select one course from the following:	3-4				
ANAT 5 Human Biology (4) (recommended) HLTH 5 First Aid & CPR (3) PHED 41 Prevention/Care of Athletic Injuries (3)					
TOTAL CERTIFICATE UNITS	19.5-21.5				

ASSOCIATE DEGREE MAJOR REQUIREMENTS	Units			
Certificate Requirements	19.5-21.5			
TOTAL MAJOR UNITS	19.5-21.5			

GRADUATION REQUIREMENTS	N	IP	C
Reading/Writing Competency: _____ College Course: _____			
Math Competency: _____ College Course: _____			
Information Competency: _____			
12 Units in Residence (at least 6 units in the major)			
General Education Pattern: MPC GE <input type="checkbox"/> CSU GE <input type="checkbox"/> IGETC <input type="checkbox"/>			
Completion of Major (Grade of "C" or better in each course)			
60 Degree-Applicable Units			
GPA 2.0 or higher			
Notes Course Waived/Substituted:			

Counselor Signature: _____ Date: _____