

Recommended Sequence of Courses

Program of Study: Fitness, Nutrition and Health Major

Department: Kinesiology, Athletics and Dance

Coordinator: Tara Jacobson (707) 778-4116

Effective: Fall 2012

Course Number	Course Title	Units
First Semester		
FDNT 10	Elementary Nutrition	3.0
HLE 6	Standard First Aid and CPR	0.5
KINES 80	Intro to Kinesiology and Anatomy	3.0
KINES 81	Intro to Exercise Physiology	3.0
KINES 83	Techniques of Fitness Instruction	3.0
LIR 10 or LIR 30	Information Literacy	1.0
Restricted Elective	1 Physical Activity Class from list of Restricted Electives	1.0
First Semester Unit Total:		14.5
Second Semester		
KINES 82	Exercise Assessment and Prescription	3.0
KINES 4	Care and Prevention of Athletic Injuries	3.0
KINES 53	Principles of Health and Wellness	3.0
FDNT 60	Nutrition and Physical Fitness	1.0
KINES 50	Teaching Aide	1.0
WEOC 99 or WEOC 99I	Work Experience/Internship	1.0
KINES 1	Introduction to Kinesiology	3.0
Second Semester Unit Total:		15.0
Third Semester		
General Education		15.0
Third Semester Unit Total:		15.0
Fourth Semester		
General Education		7.0
Free Electives		8.0
Fourth Semester Unit Total:		15.0

Minimum units to meet program requirements:

Major	29.5
AA Degree	60.0

Notes:

KINES 50 should be taken for 1.0 unit only

WEOC 99 or WEOC 99I should be taken for 1 unit only