

Recommended Sequence of Courses

Program of Study: Fitness, Nutrition and Health Certificate

Department: Kinesiology, Athletics and Dance

Coordinator: Tara Jacobson (707) 778-4116

Effective: Fall 2015

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
Restricted Elective	1 Physical Activity Class from the list of Restricted Electives	1.0
First Semester Unit Total:		13.5
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 99I	Work Experience/Internship	1.0
Second Semester Unit Total:		12.0

Minimum units to meet program requirements: 25.5

Notes:

KINES 50 should be taken for 1.0 unit only

WEOC 99I should be taken for 1 unit only