

<b>Program:</b>	<b>Fitness Specialist/Personal Trainer - Certificate of</b>
<b>Meta-major:</b>	<b>Health Sciences</b>



Fall Year 1	Spring Year 1	Fall Year 2
HEALTH 011 PRINCIPLES OF HEALTHFUL LIVING 3 units	HEALTH 012 SAFETY EDUCATION AND FIRST AID 3 units	KIN 250-1 WEIGHT TRAINING SKILLS I <i>Or higher level</i> 1 unit
KIN MAJ 117 PERSONAL TRAINER INSTRUCTOR 3 units	KIN 285 DIRECTED STUDY -KINESIOLOGY 2 units	KIN 331 CROSS TRAINING 1 unit
**MOVEMENT BASED COURSE Choose any 1 Unit	**MOVEMENT BASED COURSE Choose any 1 Unit	Choose one: MARKET 001 PRINCIPLES OF MARKETING <i>Advisories: ENGLISH 028 and ENGLISH 067</i> or MARKET 021 PRINCIPLES OF SELLING <i>Advisories: ENGLISH 028 and ENGLISH 067</i> or MGMT 013 SMALL BUSINESS ENTREPRENEURSHIP 3 units
<i>Suggested Advisory</i> ENGLISH 028 INTERMEDIATE READING AND COMPREHENSION <i>Corequisite: ENGLISH 067</i> 3 units	**MOVEMENT BASED COURSE Choose any 1 Unit	**MOVEMENT BASED COURSE Choose any 1 Unit
<i>Suggested Advisory</i> ENGLISH 067 WRITING LABORATORY 0.5 units		
<b>Semester Units:</b>	<b>7</b>	<b>6</b>
	<b>Total Units:</b>	<b>20</b>

<b>**MOVEMENT BASED COURSE</b> Choose from: KIN 202 LAP SWIMMING SKILLS KIN 229 BODY CONDITIONING SKILLS KIN 230 CARDIOKICKBOXING SKILLS KIN 237 BOOT CAMP I KIN 246 BODY SCULPTING SKILLS KIN 249-1 or 249-2 STRESS MANAGEMENT TECHNIQUES THROUGH MOVEMENT I or II KIN 251-1 or 251-2 or 251-3 YOGA SKILLS - I, II, or III KIN 307 SWIM AND RUN KIN 326 AEROBIC SUPER CIRCUIT LAB KIN 327 LIFELONG FITNESS LAB KIN 328-1 or 328-2 BICYCLE SPINNING I or II KIN 334 FITNESS WALKING 1 unit each
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