

Program Requirements:

"Program Requirements" specify the courses required for this program. See suggested course sequence for additional information.

A major of 34-38 units is required for the associate in science degree.

Required core courses (34-38 units)

COURSE	TITLE	UNITS
<input type="checkbox"/> ATH 104	Care and Prevention of Athletic Injuries	3
<input type="checkbox"/> ATH 106	Orthopedic Injury Assess/Rehab	4
<input type="checkbox"/> BIOL 100	Introductory Biology	4
<input type="checkbox"/> BIOL 124	Human Anatomy	4
<input type="checkbox"/> BIOL 125	Human Physiology	4
<input type="checkbox"/> FSN 110	Nutrition Science	3
<input type="checkbox"/> PE 100	Introduction to Kinesiology	3
<input type="checkbox"/> PE 129	First Aid-CPR: Educator/Coach	1
<input type="checkbox"/> MATH 123	Elementary Statistics	4
<input type="checkbox"/> PE 149	Cooperative Work Experience: Occupational	1 - 8.0 units
or		
<input type="checkbox"/> CWE 149	Cooperative Work Experience OCCUPATIONAL	1 - 8.0 units

Suggested Course Sequence

The "Suggested Course Sequence" is an example of how to complete the requirements plus any additional general education that may be needed. If you would like to create a personalized Student Education Plan (SEP), schedule a meeting with a counselor.

SUMMER SEMESTER (YEAR 1)

Course	Title	Units
<input type="checkbox"/> BIOL 100	Introductory Biology	4
Total Units		4
Tasks		

FALL SEMESTER (YEAR 1)

Course	Title	Units
<input type="checkbox"/> ATH 104	Care/Prevention of Athletic Injuries	3
<input type="checkbox"/> CWE 149	Cooperative Work Experience	1
<input type="checkbox"/> MATH 123	Elementary Statistics	4
<input type="checkbox"/> PE 100	Introduction to Kinesiology	3
<input type="checkbox"/> PE 129	First Aid-CPR: Educator/Coach	1
Total Units		14.0

Tasks:

- Complete Career Exploration
- Meet with Counselor (SEP)
- Visit library and tutoring
- Review Financial Aid Requirements
- Apply AHC Scholarship

SPRING SEMESTER (YEAR 1)

Course	Title	Units
<input type="checkbox"/> ATH 106	Orthopedic Injury Assess/Rehab	4
<input type="checkbox"/> BIOL 124	Human Anatomy	4
<input type="checkbox"/> CWE 149	Cooperative Work Experience	1
<input type="checkbox"/> ENGL 101	Freshman Composition: Exposition	4
Total Units		15 to 17

Tasks:

- Set up Jobspeaker
- Attend Career Exploration Day
- FAFSA or Dream Act due March 2
- Apply AHC Scholarship

SUMMER SEMESTER (YEAR 2)

Course	Title	Units
<input type="checkbox"/> CHEM 120	Introductory Chemistry	4
Total Units		4
Tasks		

FALL SEMESTER (YEAR 2)

Course	Title	Units
<input type="checkbox"/> BIOL 125	Human Physiology	4
<input type="checkbox"/> CWE 149	Cooperative Work Experience	1
<input type="checkbox"/> AHC GE	Category 5: Living Skills Course [HED 110, EMS 102 or FSN 109]	3
<input type="checkbox"/> AHC Grad Req	Dance or Physical Activity Course	1
<input type="checkbox"/> AHC Grad Req	Multicultural/Gender Studies Course	3
<input type="checkbox"/> Elective	AHC 100 Level Course	3
Total Units		14.0

Tasks:

- Meet with a Counselor
- Develop Resume at Career Center
- Review Financial Aid Requirements
- Apply for AHC Scholarship

SPRING SEMESTER (YEAR 2)

Course	Title	Units
<input type="checkbox"/> FSN 110	Nutrition Science	3
<input type="checkbox"/> CWE 149	Cooperative Work Experience	1
<input type="checkbox"/> AHC GE	Category 2A: Social Science Course	3
<input type="checkbox"/> AHC GE	Category 2B: American History or Government Course	3
<input type="checkbox"/> AHC GE	Category 3: Humanities Course	3
<input type="checkbox"/> Elective	AHC 100 Level Course	3
Total Units		13 to 16

Tasks:

- Apply for Degree with Counseling
- Utilize Job Search Resources
- FAFSA or Dream Act due March 2
- Attend Job Fair/Career Expo. Day