

Foundations course requirements determined by entrance exam scores:

- ___ FM051 Foundations of Math I
- ___ FM052 Foundations of Math II
- ___ FW051 Foundations of Writing I
- ___ FW052 Foundations of Writing II



A.A.S. Health Fitness Specialist

Key for Sequencing -- Prerequisites must be met for every course

- A= Take within first two quarters
- B= Take within first 45 credits
- C = Take within first 90 credits

- D = Take after the first 90 credits
- E = Take within last two quarters

Quarter: 1		Cr
A	CM121 Composition	4
B	HS102 Introduction to Exercise Science	2
B	MA100 Medical Terminology	4
B	MA110 Anatomy and Physiology	5
A	SS103 Global Citizenship (1st Quarter)	2
Total credits		17

Quarter: 5		Cr
C	HS240 Fitness Analysis	3
C	HS248 Exercise Prescription: Theory of Exercise	3
C	MG110 Supervisory Management	4
C	MK220 Sales Management	3
Total credits		13

Quarter: 2		Cr
B	BS110 Business Communications	4
B	CS131 MS Office Professional I	3
B	HS141 Human Anatomy	5
B	SS140 Interpersonal Relations	4
Total credits		16

Quarter: 6		Cr
C	HS254 Exercise Prescription: Special Populations	4
E	PD250 Career Development	1
D	Core Elective	3
D	Core Elective	3
D	General Education Elective	4
Total credits		15

Quarter: 3		Cr
B	HS150 Kinesiology	4
C	HS211 General Nutrition	3
C	MG100 Introduction to Business	5
C	General Education Math Elective	4
Total credits		16

Quarter: 7		Cr
E	HS351 Externship	6
D	General Education Elective	4
D	General Education Elective	4
Total credits		14

Quarter: 4		Cr
C	HS201 Biomechanics	3
C	HS265 Exercise Physiology	4
C	MK150 Marketing	4
C	General Education Elective	4
Total credits		15

Total Minimum Credits	106
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Course recommendations based on this sequence will be made each quarter by the academic staff. There is a probability that a student who has transfer credits, takes a quarter(s) off, does not successfully complete classes, or chooses not to follow the recommended sequence will be required to take classes at another campus or on line. The length of this program may be extended one or more quarters for students who are required to take foundations classes. Foundations classes must be taken in the first quarter (or two when multiple classes are required). Refer to the current school catalog for additional requirements and policies.

Signature indicating agreement: _____

Date: _____

Print Name: _____

Student ID: _____