

Sample Academic Plan: Kinesiology- Fitness Trainer Certificate of Achievement

Catalog: 22-23

GE Pattern: N/A

Part Time, Total Units: 19 units

NOTE: This program roadmap represents one possible pathway to complete the program. Please see a counselor to create an academic plan that is customized to meet your needs. This roadmap is not a guarantee of course availability or financial aid applicability. For counseling appointments call (916) 660-7400.

First Year

Semester 1 (7.5 units)

Course Number	Course Title	Units	Area
KIN 0083	Physiology of Fitness	3 units	Major
HED 0010	Health and Aging	3 units	Major
KIN	Major Elective (See catalog for options)	1.5 units	Major Elective

Semester 2 (11.5 units)

Course Number	Course Title	Units	Area
KIN 0080	ACE Personal Trainer Preparation	3 units	Major
NUTF 0014	Sports Nutrition	3 units	Major
KIN 0011/0012	Inst Method Group Fit/Inst Method Personal Train	3 units	Major
KIN 0095	Internship in Kinesiology	1 unit	Major
KIN	Major Elective (See catalog for options)	1.5 units	Major Elective