

A.S. Health and Fitness

2023-24



Required Courses

Item #	Title	Credits
	KINA 112 or KINA 212	1
	KINA 115 or KINA 215	1
KINA 116	Fitness Walking	1
	KINA 233 or KINA 234	1
KINT 110	Fundamentals of Kinesiology	3
KINT 216	Nutrition	3
KINT 241	Care and Prevention of Athletic Injuries	3
KINT 252	ACSM Certified Personal Trainer	3
KINT 260	First Aid, CPR, and First Responder Training	2
KINT 280	Internship	3-6
	Sub-Total Credits	21

Required Cognate:

Item #	Title	Credits
BIOL 101	Anatomy & Physiology I	4
	Sub-Total Credits	4

June 2023

Southwestern Adventist University—Office of Academic Administration