

# A.S. Health and Fitness

Core Curriculum for an Associates degree

Quality Enhancement Plan (QEP) Requirement

## 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

## Required Cognate:

Item #	Title	credits
BIOL 101	Anatomy & Physiology I	4
	<b>Total credits:</b>	<b>25</b>

## Category Descriptions

### KINA 112 or KINA 212

Credits: 1

Item #	Title	credits
KINA 112	Aerobics	1
KINA 212	Advanced Aerobics	1

### KINA 115 or KINA 215

Credits: 1

Item #	Title	credits
KINA 115	Resistance Training	1
KINA 215	Advanced Resistance Training	1

### KINA 233 or KINA 234

Credits: 1

Item #	Title	credits
KINA 233	Water Aerobics	1
KINA 234	Lifeguard Training	1