

Name: \_\_\_\_\_

ID: \_\_\_\_\_

Date: \_\_\_\_\_

Counselor Contact: \_\_\_\_\_

**Major Requirements: 22 units**

**A grade of "C" or better is required in the following courses**

ASSOCIATE IN ARTS (F.4300.AA)	C-ID	Units	Completed	In Progress	Planned
HLTH 1, Contemporary Health Issues	PHS 100	3			
HLTH 2, First Aid and Safety	KIN 101	3			
REC 19, Work Experience (Cooperative), Occupational		3			
REC 20, Introduction to Recreation		3			
REC 21, Recreation Leadership		3			
REC 23, Outdoor Recreation		3			
<b>Required four (4) PE Physical Education Activity Classes</b>		4			
PE 4, Badminton		1			
PE 6, Fitness and Health		1			
PE 7, Golf		1			
PE 8, Basic Self Defense		1			
PE 12, Swimming		1			
PE 12B, Intermediate Swimming		1			
PE 13, Tennis		1			
PE 13B, Intermediate Tennis		1			
PE 14, Volleyball		1			
PE 15A, Weight Training (Women)		1			
PE 15B, Weight Training (Men)		1			
PE 15C, Weight Training (Coed)		1			
PE 17, Yoga		1			
PE 17B, Intermediate Yoga		1			
PE 27, High-Intensity Cardio Interval Training		1			
PE 45, Performance Training and Conditioning Techniques for Intercollegiate Athletics		0.5-1.0			
PE 71, Soccer		1			
PE 72, Spinning for Fitness		1			

**Notes:**

1. This degree is designed to prepare students for employment opportunities in recreation and leisure as well as preparation for transfer to a four-year university.
2. Some of the above courses may have prerequisites. See the catalog or schedule of classes.
3. The *Associate Degree* requires completion of the major (22 units) with a "C" or better grade in each course. Students must complete one of the three different general education patterns: option 1 –

Fresno City College General Education, option 2 – CSU GE Breadth– California State University  
General Education, OR option 3 – IGETC – Intersegmental General Education Transfer Curriculum for  
a total of **60 semester units minimum** with a 2.0 or better GPA.