



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 Education   |         | 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.