

HEALTH AND FITNESS, ASSOCIATE OF ARTS DEGREE MAJOR

Financial Aid Eligible
Banner Code: 3_AA_HLFT
Control Number: 18218

The Health and Fitness major integrates courses that provide students with information related to physical fitness, health, and quality of life. Topics include physical conditioning and the value of physical activity, food and nutrition, disease prevention and management, and additional health related issues. By focusing their electives, students may gain the skills necessary to become a personal trainer or a wellness/health coach.

Program Level Student Learning Outcomes

Upon completion of this program, students will be able to:

1. Apply major theories and concepts of health, nutrition, and fitness to improve one's overall wellness and to guide others to make healthy lifestyle choices.
2. Support opinions/ideas using solid research principles.

Associate Degree Requirements Unit Requirement

Complete at least 60 units of acceptable college work with a minimum of 12 units completed in residence at Coastline. Earn an overall grade point average of 2.0 or higher from all colleges attended and a 2.0 or higher grade point average at Coastline.

*Students must be in good academic standing (not on probation and/or disqualification) during the semester graduation is petitioned.

Program of Study

Complete the required courses in one of the programs as detailed in the Requirements for the Major section of this catalog. All coursework must be completed with a grade of C or higher.

General Education

Complete one of the three General Education options below (visit the General Education page for details (<https://catalog.cccd.edu/coastline/general-education/>)):

Option 1 – Coastline General Education: designed for students pursuing an Associate degree and who may or may not be planning to transfer to a four-year university. The degree is transferable to many colleges and universities.

Option 2—CSU GE Breadth: designed for students who are planning to transfer to a university in the CSU system. It may also be appropriate for transfer to some independent colleges and universities.

Option 3—IGETC: designed for students who are planning to transfer to a university in the CSU or UC system. It also may be appropriate for transfer to some independent colleges and universities.

Global and Multicultural Studies Requirement

Complete at least 2.5 units from any Global and Multicultural Studies courses. See what courses fulfill the Global and Multicultural Studies Requirement (<https://catalog.cccd.edu/coastline/graduation-requirements/#globalandmulticulturalstudies>).

Requirements for the Major

Course	Title	Units
Required Core		
Students will complete all of the following:		
BIOL C102	Introduction to the Concepts of Anatomy and Physiology	3
FN C170	Nutrition	3
HLTH C100	Personal Health	3
KIN C190	Physiology of Exercise	3
Program Electives		
Select six units of the following:		
FN C225	Nutrition through the Lifecycle ¹	
HLTH C120	Introduction to Wellness Coaching ¹	
HLTH C223	Healthy Aging	
KIN C101	Personal Fitness and Wellness	
KIN C201	Fitness for Life ¹	
or PE C201	Fitness for Life	
KIN C289	Exercise Testing and Prescription ¹	
Subtotal for Major		18

Requirement	Units
Total Units for Major Preparation	18
Degree Option 1, 2, or 3	Varies
Electives to satisfy unit requirement	Varies
Total Degree Units	60

¹ Taking HLTH C120 Introduction to Wellness Coaching **and** KIN C201 Fitness for Life **or** FN C225 Nutrition through the Lifecycle will prepare you to take National Certification Exams accredited by the National Commission for Certifying Agencies and the National Consortium for Credentialing Health and Wellness Coaches. Students wishing to gain the skills to be a Physical Trainer should take KIN C201 Fitness for Life **and** KIN C289 Exercise Testing and Prescription. These courses will prepare you to take National Certification Exams offered by agencies, such as the National Strength and Conditioning Association or the American Council on Exercise.