

<u>Fall Semester</u>	Units	Semester
KNPR 201: Movement Anatomy (Lecture)	3	Fall Only
or BIOL 239: General Human Anatomy (Lecture)	or 4	Fall / Spring
KNPR 203: Intro to Physiology of Cardiovascular Training (Lecture)	2	Fall Only
KNPR 211: Practicum in Fitness Assessment I (Lab) must be taken with KNPR 203	0.5	Fall Only
KNPR 205: Techniques of Exercise Leadership (Lecture / Lab)	1.5	Fall Only
KNHE 104: Nutrition and Fitness (Lecture)	2	Fall / Spring
or Nutrition 115 or Nutrition 115H (Lecture)	or 3	Fall / Spring
KNFI 101A: Personal Fitness Evaluation (Lab)	<u>1</u>	Fall / Spring
Proposed Fall Semester Units	10-12	
<u>Spring Semester</u>		
KNPR 207: Introduction to Physiology of Resistance (Lecture)	2	Spring Only
KNPR 213: Practicum in Fitness Assessment II (Lab) must be taken with KNPR 207	0.5	Spring Only
KNPR 209: Exercise for Special Populations (Lecture)	2	Spring Only
KNPR 101: Introduction to Kinesiology (Lecture)	3	Fall / Spring
KNHE 107: CPR - (Lecture)	2	Fall / Spring
KNPR 215: Fitness Specialist Internship (2nd 8 weeks only)	1	Spring Only
<u>Select 1 of the following fitness courses:</u>	<u>1</u>	
KNAD 211A/B, KNAF 143A, KNAF 144A, KNAF 150A, KNAF 156A/B, KNFI 147A/B		Fall / Spring
KNAC 155A, KNAC 170A, KNAD 211, KNFI 126 A/B/C, KNFI 127 A/B/C		Fall Only
KNAC 140A, KNAC 150A, KNAF 146A, KNAF 157A, KNAQ 204		Spring Only
Proposed Spring Semester Units	11.5	
Total Units	21.5-23.5	