

<h2 style="margin: 0;">Spokane Falls Community College</h2>
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**GENERAL EDUCATION**

Course #	Course Title	CR (Qtr)	
<b>Communication</b>			
ENGL& 101	English Composition I	5	
ENGL& 102	English Composition II	5	
CMST& 101	Introduction to Communication	5	
<b>Quantitative/Symbolic Reasoning</b>			
MATH& 107	Math in Society	5	
<b>Humanities</b>			
Select 15 credits from 3 subject areas: 1 course from English Literature; only 5 credits from Modern Language and Performance/Fine Arts.		15	
<b>Social Sciences</b>			
PSYC& 100	General Psychology	5	
Select 10 credits from two other subject areas: ANTH, ECON, GEOG, HIST, POLS, SOC		10	
<b>Mathematics/Science</b>			
CHEM& 161	General Chemistry w/Lab	5	
BIOL& 222	Major Cell/Molecular w/Lab	5	
Select 5 credits from the science groups; no more than one course per subject area		5	
<b>Health-Related PE/Recreational/Leisure Activities</b>			
PE 170	Intro to PE & Recreation	3	
<b>Diversity</b>			
PE 275	Diversity in Sports	5	
<b>Associates Requirements that meet LCSC BA/BS Degree Requirements</b>			
Additional courses/credits to meet the requirements for the AAS degree. Communicate with advisor for assistance.			
<b>Total Credits required for AAS degree</b>		<b>90</b>	
<b>Additional SFCC courses that meet LCSC BA/BS Degree Requirements*</b>			
FMT 204	Health Appraisal & Exercise Prescription	5	
HLTH 102	Health Enhancement	5	
HLTH 104	Stress Management	3	
PE 138	Fundamentals of Resistance Training	2	
PSYC& 200	Lifespan Psychology	5	
PSYC& 180	Human Sexuality	5	
NUTRI 251	Nutrition	5	
BIOL& 241	Human A & P 1	5	

Course #	Course Title	CR (Sem)	
<b>Integrative Seminar: Ethics &amp; Values</b>			
Student does not need this class when transferring with an AA or AS			
<b>Program Courses: Health and Kinesiology</b>			
HLTH 248	Behavior Change	1	
HLTH 343	Sports Nutrition	3	
HLTH 352	Technologies for Health & Wellness Professionals	3	
HLTH 354	Addiction & Performance	2	
HLTH 453	Health Promotion	3	
HLTH 454	Wellness Coaching	2	
KIN 248	Sports Medicine	3	
KIN 355	Strategies of Teaching Physical Activities	3	
KIN 370	Motor Learning/Motor Development	3	
KIN 381	Tests & Measurement	3	
KIN 435	Aging & Physical Activity	3	
KIN 436	Persona/Group Training Cert & Prep	3	
KIN 486	Org/Admin HPER	3	
KIN 494	Internship: Health and Fitness	3	
Select two (2) of the following courses: KIN 261, KIN 262, KIN 268, KIN 269		2	
Select one of the following courses: HLTH 342 or KIN 411		3	
KIN 425	Ethical Decision Making for Sport Leaders	3	
KIN 467	Physical Activity and Recreation for Individuals w/Special	3	
Electives (Meet with academic advisor to determine number of elective credits needed to meet 120 credit degree requirement)			
<b>Senior Research Project</b>			
KIN 498	Senior Research/Project I	3	
KIN 499	Senior Research/Project II	3	
<b>Graduation Requirements</b>			
Resident Credits		32	
Upper Division Credits		36	
<b>TOTAL SFCC &amp; LCSC Credits</b>		<b>120</b>	

Complete all required/elective coursework for the Associate in Applied Science degree at Spokane Falls Community College (90 quarter credits minimum).

- This advising guide is based on completion of an Associate of Applied Science degree in Health Fitness Technology at Spokane Falls Community College with additions made to meet lower division requirements.
- Courses used to fulfill specific general education core requirements cannot be double-counted to fulfill LCSC program requirements.
- 32 Residency (LCSC) credits required for graduation/36 must be upper division.

\*Note: Classes listed that are not taken at SFCC must be taken at LCSC to meet bachelors degree requirements.