

LIBERAL ARTS

Associate in Arts

The Associate in Arts with a major in Liberal Arts at Cañada College encompasses an interdisciplinary approach and provides students with the maximum amount of flexibility regarding course selections. It is an excellent degree major choice for students who have not identified a specific major and want to explore a multidisciplinary curriculum encompassing all areas of knowledge in the arts and sciences. Those students who plan to transfer to a four-year college or university should complete the Associate in Arts with a major in University Studies.

ASSOCIATE IN ARTS - LIBERAL ARTS

Core and Selective Requirements

Complete Core Courses, 15 units

Refer to page 48 of this Catalog for a list of course selections for each Area.

	UNITS
GE Area A1: Language & Rationality—English Composition	3
GE Area A2: Communication & Analytical Thinking	3
GE Area B: Natural Sciences	3
GE Area C: Humanities	3
GE Area D: Social & Behavioral Sciences	3

Selective courses: choose a minimum of 3 units from the following:

BIOL 310 Nutrition	3
CRER 137 Life & Career Planning	3
CRER 300 Introduction to Scholarships	1.5
CRER 401 College Success	0.5-1
CRER 430 Career Assessment	0.5
HSCI 100 General Health Science	2
HSCI 104 Nutrition & Physical Fitness	1
HSCI 105 Communicable Disease	1
HSCI 108 Women's Health Issues	1
HSCI 430 First Aid	0.5
HSCI 432 CPR: Adult, Child, Infant	0.5
HSCI 665 Special Topics in Health Science	0.5-2
PSYC 340 Psychology of Human Sexuality	3
Any Physical Education activity class except P.E. 690 or P.E. 695	maximum 1unit

Associate Degree Unit Requirements Total **18***

** and required General Education coursework and electives as needed to meet the minimum 60 units required for the Associate degree.*

MATHEMATICS

Transfer Program

Mathematics provides the foundation for studying engineering, the physical, biological and health sciences, economics, business, computer science, statistics and many other fields. A major in mathematics itself opens up job opportunities in many fields since mathematical problem-solving skills are widely applicable. Thus, people with mathematical degrees work in fields such as accounting, budget and financial analysis, market research analysis, demographics, banking and finance and systems analysis, and many others.

TRANSFER PROGRAM - MATHEMATICS

Cañada College offers lower division coursework required for transfer in Mathematics. Students should use PROJECT ASSIST (www.assist.org) to research lower division major requirements at the transfer destination(s) of their choice. Also, work with a Counselor/Advisor to determine appropriate transfer coursework.

MEDICAL ASSISTING

- Certificate of Completion - Administrative Medical Assistant
- Certificate of Completion - Medical Coding Specialist
- Certificate of Completion - Clinical Medical Assistant
- Certificate of Proficiency – Medical Assisting
- Certificate of Proficiency – Medical Billing Specialist
- Certificate of Proficiency – Medical Transcription
- Associate in Science Degree – Medical Assisting
- Associate in Science Degree – Medical Billing Specialist
- Associate in Science Degree – Medical Transcription

The ability to work well with people, be well organized, and be emphatic in dealing with patients are essential qualities in a medical assistant. The Medical Assisting program at Cañada is designed to provide the finest training and experience available. Through the expertise of a talented faculty and exposure to professionals in the field, students can expect to learn administrative duties such as medical/financial records management, medical report transcription, patient appointment scheduling, and clinical duties including preparation of patients for examination, assistance with minor surgery, giving injections, and operating electrocardiographs.

The field of Medical Assisting is one of the fastest growing occupations in this decade. Career opportunities for the well-trained medical assistant are plentiful. Graduates of Cañada’s program secure employment in physician’s offices, clinic, hospitals, labs, medical publication firms, laboratories, pharmaceutical firms, public health agencies, and the claims departments of health insurance companies. Recommended high school preparation: written and oral communication skills, typing, biology, psychology, and basic mathematics.

CERTIFICATE OF COMPLETION – ADMINISTRATIVE MEDICAL ASSISTANT

The ability to work well with people, be well organized with attention to detail are essential qualities in an administrative medical assistant. Administrative skills include patient appointment scheduling, medical report transcription, medical billing and insurance, and medical/financial records management.

Administrative medical assistants work in physician’s offices, clinics, outpatient facilities, hospitals, and business offices of medical facilities.

Core Requirements

Complete Core Courses, 15 units

	UNITS
MEDA 115 Medical Word Processing	3
MEDA 140 Medical Transcription: Basic	3
MEDA 150 Medical Office Procedures	3
MEDA 160 Medical Insurance Procedures	3
MEDA 190 Introduction to Pharmacology	3
Certificate Unit Requirements Total	15+

CERTIFICATE OF COMPLETION – MEDICAL CODING SPECIALIST

Ability to work independently and under pressure, attention to detail, organizational skills, and able to implement Federal and State com-

pliance laws and regulations are essential qualities in a medical coder.

Medical coders work in in-patient and out-patient hospital facilities, large clinics, and insurance companies.

Core Requirements

Complete Core Courses, 15 units

	UNITS
BIOL 130 Human Biology	3
MEDA 110 Basic Medical Terminology	3
MEDA 111 Intermediate Medical Terminology	3
MEDA 161 ICD (International Classification of Diseases)-9-CM (Clinical Modification) Beginning Coding	1
MEDA 162 ICD (International Classification of Diseases)-9-CM (Clinical Modification) Intermediate Coding	1
MEDA 163 ICD (International Classification of Diseases)-9-CM (Clinical Modification) Advanced Coding	1
MEDA 164 CPT (Current Procedural Terminology) Beginning Coding	1
MEDA 165 CPT (Current Procedural Terminology) Intermediate Coding	1
MEDA 166 CPT (Current Procedural Terminology) Advanced Coding	1
Certificate Unit Requirements Total	15+

CERTIFICATE OF COMPLETION – CLINICAL MEDICAL ASSISTANT

The ability to work well with people, be well organized, and be empathetic in dealing with patients are essential qualities in a clinical medical assistant. Clinical skills include preparation of patients for exams, vital signs, assisting with minor surgery, giving injections, administering medication, venipuncture, EKG’s, routine laboratory procedures, and basic patient care.

Clinical medical assistants work in physician’s offices, clinics, outpatient facilities, and health services.

Core Requirements

Complete Core Courses, 17 units

	UNITS
MEDA 100 Introduction to Medical Assisting	3
MEDA 120 Clinical Procedures I	4
MEDA 121 Clinical Procedures II	4
MEDA 190 Introduction to Pharmacology	3
MEDA 672 Cooperative Education: Internship	3
Certificate Unit Requirements Total	17+

CERTIFICATE OF PROFICIENCY – MEDICAL ASSISTING**Core Requirements**

Complete Core Courses, 38 units

	UNITS
BIOL 130 Human Biology	3
MEDA 100 Introduction to Medical Assisting	3
MEDA 110 Basic Medical Terminology	3
MEDA 111 Intermediate Medical Terminology	3
MEDA 115 Medical Word Processing	3
MEDA 120 Clinical Procedures I	4
MEDA 121 Clinical Procedures II	4
MEDA 140 Medical Transcription: Basic	3
MEDA 150 Medical Office Procedures	3
MEDA 160 Medical Insurance Procedures	3
MEDA 190 Introduction to Pharmacology	3
MEDA 672 Cooperative Education Internship	3
Certificate Unit Requirements Total	41+

CERTIFICATE OF PROFICIENCY – MEDICAL BILLING SPECIALIST

Associate of Science Degree with a major in Medical Billing Specialist; Certificate Program. Medical Billing Specialists usually perform their duties for all providers of health care services and equipment in hospitals, clinics, and private medical offices.

The employment outlook for Medical Billing Specialists is excellent and is expected to grow as health care needs continue to increase. Due to the rapid expansion in health care, employment opportunities include all providers of health care services and supplies, hospitals, clinics, health agencies, private medical offices, medical labs, educational institutions, and insurance carriers.

Core Requirements

Complete Core Courses, 24 units

	UNITS
ACTG 100 Accounting Procedures	3
MEDA 100 Introduction to Medical Assisting	3
MEDA 110 Basic Medical Terminology	3
MEDA 111 Intermediate Medical Terminology	3
MEDA 150 Medical Office Procedures	3
MEDA 160 Medical Insurance Procedures	3
MEDA 161 ICD (International Classification of Diseases)-9-CM (Clinical Modification) Beginning Coding	1
MEDA 162 ICD-9-CM Intermediate Coding	1
MEDA 163 ICD-9-CM Advanced Coding	1
MEDA 164 CPT (Current Procedural Terminology) Beginning	1
MEDA 165 CPT - Intermediate Coding	1
MEDA 166 CPT - Advanced Coding	1
Certificate Unit Requirements Total	24+

CERTIFICATE OF PROFICIENCY – MEDICAL TRANSCRIPTION

Attention to detail, organizational skills, and ability to work both independently and under pressure are essential qualities in a medical transcriptionist. Medical transcriptionists specialize in transcribing physician's reports on patient medical history, physical examination,

surgery, discharge, and radiological/nuclear medicine procedures from audiocassette dictation or written notes.

Medical transcriptionists work largely in physician's offices and hospitals. Their skills are also transferable to non-medical environments such as business offices, law offices, newsrooms, radio stations, and television transcription companies.

Core Requirements

Complete Core Courses, 33 units

	UNITS
BIOL 130 Human Biology	3
CBOT 417 Skill Building	1.5
CBOT 448 Using Microsoft Windows or CBOT 430 Computer Applications, Part I	1.5
CBOT 457 Presentation Software: PowerPoint	1.5
CBOT 472 Introduction to Word for Windows	1.5
MEDA 100 Introduction to Medical Assisting	3
MEDA 110 Basic Medical Terminology	3
MEDA 111 Intermediate Medical Terminology	3
MEDA 115 Medical Word Processing	3
MEDA 140 Medical Transcription: Basic	3
MEDA 141 Medical Transcription: Advanced	3
MEDA 160 Medical Insurance Procedures	3
MEDA 190 Introduction to Pharmacology	3
Certificate Unit Requirements Total	33+

ASSOCIATE IN SCIENCE – MEDICAL ASSISTING**Core Requirements**

Complete Core Courses, 38 units, listed under the Certificate of Proficiency-Medical Assisting.

Associate Degree Unit Requirements Total 41*

ASSOCIATE IN SCIENCE – MEDICAL BILLING SPECIALIST**Core Requirements**

Complete Core Courses, 24 units, listed under the Certificate of Proficiency-Medical Billing Specialist.

Associate Degree Unit Requirements Total 24*

ASSOCIATE IN SCIENCE – MEDICAL TRANSCRIPTION**Core Requirements**

Complete Core Courses, 33 units, listed under the Certificate of Proficiency-Medical Transcription.

Associate Degree Unit Requirements Total 33*

+ meet Certificate Program requirements listed on page 44.

* and required General Education coursework and electives as needed to meet the minimum 60 units required for the Associate degree.

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MULTIMEDIA

- Certificate of Completion - Graphic Design
- Certificate of Completion - Web Design
- Certificate of Proficiency - Multimedia
- Certificate of Proficiency - 3D Animation and Videogame Art
- Associate in Arts Degree - Multimedia
- Associate in Arts Degree - 3D Animation and Videogame Art
- Transfer Program

CERTIFICATE OF COMPLETION - GRAPHIC DESIGN

This certificate prepares students for the career of graphic design. Graphic designers are typically responsible for graphic design production and pre press production. Graphic Designers create corporate branding and identification, logos, business cards, letterhead, newsletters, brochures, flyers, postcards and are responsible for the creation of publication marketing collateral. The Multimedia program provides the latest software and hardware to students in the graphic design certificate program. Faculty members have extensive industry experience and their expertise is critical to the success of students in this exciting and creative field.

Career opportunities include entry level Graphic Design: Pre Press, Graphic Design Assistant, Graphic Design Production Assistant, and Freelance Graphic Designers. Graphic designers can work in both large and small firms. Large companies will have their own in-house departments and hire designers directly. Other firms need the talents of a designer seasonally or for special projects and look for small design firms or freelance designers. Pre press production is a vital part of the printing industry as printing firms rely on graphic designers to correctly set up creative work for the press.

Core and Selective Requirements

Complete Core Courses, 16.5 units

	UNITS
MART 314 Introduction to Computer Graphics	3
MART 372 Digital Illustration	3
MART 376 Digital Imaging I	3
MART 377 Digital Imaging II	3
MART 378 Digital Page Layout	3
MART 390 Portfolio Creation	1.5
Certificate Unit Requirements Total	16.5+

CERTIFICATE OF COMPLETION - WEB DESIGN

This certificate prepares students for the career of web design. Web designers are typically responsible for the design, interface, navigation, and update of websites. Web designers use a number of graphic and web creation computer software to create these websites. The Multimedia program provides the latest software and hardware to students in the web design certificate program. Faculty members have extensive industry experience and their expertise is critical to the success of students in this exciting and creative field.

Career opportunities include both freelance and in-house Web Design Assistant, Web Production Assistant, and Motion Graphics Designers. Entry level positions may be found in both large and small companies

as the design of a website demands constant updating. Many career opportunities exist for freelance web design work.

Core and Selective Requirements

Complete Core Courses, 16.5 units

	UNITS
MART 314 Introduction to Computer Graphics	3
MART 368 Web Design I	3
MART 369 Web Design II	3
MART 376 Digital Imaging I	3
MART 379 Digital Animation I: Flash®	3
MART 390 Portfolio Creation	1.5
Certificate Unit Requirements Total	16.5+

CERTIFICATE OF PROFICIENCY - MULTIMEDIA

The Multimedia Art and Technology department provides courses taught by faculty with extensive academic, professional, and industry experience. Students are guided through the department's project based courses to develop the knowledge and skills needed to incorporate the principles of visual communication in their work. Each course provides students with projects and evaluating critiques that challenge their creative problem solving skills. A culminating course (MART 390) provides the opportunity for students to construct their electronic or print portfolio utilizing these projects.

The Multimedia Program prepares students for entry level positions as graphic designers, production art designers, web designers, and production assistants in animation, video, and multimedia product development such as game development, interactive CD presentations, and digital video.

Core and Selective Requirements

Complete Core Courses, 27 units

	UNITS
ART 201 Form and Composition I <i>or ART 301 Design</i>	3
ART 214 Color <i>or ART 303 Color Design</i>	3
CBOT 430 Computer Applications, Part I	1.5
CBOT 440 Macintosh Applications, Part I	1.5
MART 314 Introduction to Computer Graphics	3
MART 368 Web Design I	3
MART 372 Digital Illustration	3
MART 376 Digital Imaging I	3
MART 379 Digital Animation I: Flash	3
MART 389 Multimedia Careers	1.5
MART 390 Portfolio Creation	1.5

Selective courses: choose a minimum of 3 units from the following:

MART 325 Digital Painting	3
MART 361 Digital Video	3
MART 362 Digital Photography	3
MART 369 Web Design II	3
MART 373 Digital Audio I	1
MART 377 Digital Imaging II	3
MART 378 Digital Page Layout	3

Certificate Unit Requirements Total 30+

CERTIFICATE OF PROFICIENCY - 3D ANIMATION AND VIDEOGAME ART

The 3D Animation & Video Game Art Program is a comprehensive program that puts equal emphasis on the artistic and the technical side of 3D modeling and animation. Courses cover material that will take the student through the whole production process and workflow of 3D animation, from storyboarding and conceptualization to the final delivery of the rendered product. Curriculum spans traditional animation techniques, life drawing and the technical fundamentals of 3D animation and modeling. Classes are taught in a state-of-the-art computer studio with the latest versions of industry-standard software packages. Faculty members have extensive industry experience and their expertise is critical to the success of students in this growing field.

Core and Selective Requirements

Complete Core Courses, 27 units

	UNITS
ART 207 Life Drawing	3
MART 325 Digital Painting	3
MART 377 Digital Imaging II	3
MART 379 Digital Animation I	3
MART 380 Digital Animation II	3
MART 400 Motion Graphics	1.5
MART 405 Storyboarding for Animation & Interactive Media	1.5
MART 420 3D Modeling and Animation I	3
MART 421 3D Modeling and Animation II	3
MART 430 3D Character Creation and Animation	3
MART 431 Special Effects and Compositing in 3D	1.5
MART 390 Portfolio Creation	1.5
MART 389 Multimedia Careers	1.5
Total Units of Core Courses (required):	31.5

Selective courses: choose a minimum of 3.0 units from the following:

ART 206 Figure Drawing and Portraiture	3
ART 214 Color	3
ART 221 Painting I	3
ART 229 Landscape Painting	2
MART 362 Digital Photography I	3
MART 363 Digital Photography II	3
MART 372 Digital Illustration	3
MART 373 Digital Audio I	1
MART 432 3D Environments and Hard Surface Modeling	1.5
MART 440 Video Game 3D Production Techniques	1.5
Certificate Unit Requirements Total	34.5+

ASSOCIATE IN ARTS - MULTIMEDIA

Core & Selective Requirements

Complete Core and Selective Courses, 30 units, listed under the Certificate of Proficiency–Multimedia

Associate Degree Unit Requirements Total 30*

ASSOCIATE IN ARTS - 3D ANIMATION AND VIDEOGAME ART

Core & Selective Requirements

Complete Core and Selective Courses, 34.5 units, listed under the Certificate of Proficiency–Multimedia

Associate Degree Unit Requirements Total 34.5*

TRANSFER PROGRAM - MULTIMEDIA

Cañada College offers lower division coursework required for transfer in Multimedia. Students should use PROJECT ASSIST (www.assist.org) to research lower division major requirements at the transfer destination(s) of their choice. Also, work with a Counselor/Advisor to determine appropriate transfer coursework.

+ meet Certificate Program requirements listed on page 44.

* and required General Education coursework and electives as needed to meet the minimum 60 units required for the Associate degree

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MUSIC

**Associate in Arts
Transfer Program**

“In a world of political, economic, and personal disintegration, music is not a luxury but a necessity, not simply because it is therapeutic nor because it is the universal language, but because it is the persistent focus of man’s intelligence, aspiration, and good will.” -Robert Shaw.

The Music Department at Cañada College, through its outstanding faculty, places strong emphasis upon performance, both individual and group. At the same time, the department offers the general student enhanced understanding and appreciation of all forms of music. Through this two-fold approach, the department’s purpose becomes clear: to promote excellence in all aspects of music performance and academic course work, to provide basic preparation for careers in music, and to promote interest in all musical and artistic endeavors at the college and in the Bay Area community.

ASSOCIATE IN ARTS -MUSIC

Core and Selective Requirements

Complete Core Courses, 10 units

	UNITS
MUS. 101 Musicianship I	1
MUS. 102 Musicianship II	3
MUS. 131 Harmony I	3
MUS. 132 Harmony II	3

Selective courses: choose a minimum of 8 units from the following:

MUS. 202 Music Appreciation	3
Applied Music classes	4
Performance classes	8

All music majors should include four semesters of piano or keyboard harmony in addition to the above.

Associate Degree Unit Requirements Total 18*

TRANSFER PROGRAM - MUSIC

Cañada College offers lower division coursework required for transfer in Music. Students should use PROJECT ASSIST (www.assist.org) to research lower division major requirements at the transfer destination(s) of their choice. Also, work with a Counselor/Advisor to determine appropriate transfer coursework.

** and required General Education coursework and electives as needed to meet the minimum 60 units required for the Associate degree*

NURSING

Transfer Program

TRANSFER PROGRAM - NURSING

Cañada College offers lower division coursework required for transfer in Nursing. Students should use PROJECT ASSIST (www.assist.org) to research lower division major requirements at the transfer destination(s) of their choice. Also, work with a Counselor/Advisor to determine appropriate transfer coursework.

Recommended Sequence of Classes for Nursing Transfer Program		
Fall, Year 1	Spring Year 1	Summer Year 1
* English 100 (CSU GE A2)	* English 165 (CSU GE A3)	+ Sociology 100 or Anthropology 110
Biology 130 (CSU GE B2)	* + Biology 250	
* + Chemistry 410 (CSU GE B1/B3)	+ Psychology 100 (CSU GE Area D)	
* + Math 200 (CSU GE B4)	US Government/ State & Local Selection (Area D)	
Fall Year 2	Spring year 2	
+ Biology 260	* + Biology 240	
GE Area C1 selection	CSU GE Area C1 or C2 Selection	
US History Selection (Area D)	Speech 100 or 120 (CSU GE A1)	
+ Biology 310 (CSU GE Area E)	Area C2 Selection	
Elective Selection	Elective Selection	
* - identifies courses that have prerequisites		
+ - identifies courses that are nursing major prerequisites and necessary for program admission		

PARALEGAL

Certificate of Proficiency

Associate in Science

The Paralegal Program at Cañada College was developed in cooperation with the San Mateo County Bar Association and the San Mateo County Legal Secretaries Association to train personnel to assist attorneys in both civil and criminal matters. Instruction centers on assisting the attorneys in interviewing clients and preparing legal documents. Courses must be evaluated by a letter grade, not by the credit (CR) grade.

CERTIFICATE OF PROFICIENCY - PARALEGAL

Core and Selective Requirements

Complete Core Courses, 15 units

	UNITS
CBOT 472 Introduction to Word for Windows	1.5
CBOT 474 Intermediate Word for Windows	1.5
LEGL 249 Introduction to the Legal System	3
LEGL 250 Legal Research & Writing	3
LEGL 252 Civil Litigation and Trial Preparation	3
LEGL 262 Paralegalism and Study of Legal Ethics	3

Selective courses: choose a minimum of 12 units from the following:

US. 201 Business Law	3
CBOT 430 Computer Applications, Part I	1.5
CBOT 431 Computer Applications, Part II	1.5
CBOT 435 Spreadsheets	3
LEGL 251 Torts	3
LEGL 253 Estate Administration	3
LEGL 254 Family Law	3
LEGL 255 Corporations & Business Entities	3
LEGL 256 Real Property Law	3
LEGL 257 Bankruptcy	3
LEGL 260 Advanced Legal Research & Writing	3
LEGL 264 Contracts	3
LEGL 268 Administrative Law	3
LEGL 274 Advanced Family Law Projects	3
LEGL 276 Computers in the Law	2
LEGL 670 Cooperative Education/Work Experience or LEGL 672 Cooperative Education: Internship	1-8

Certificate Unit Requirements Total **27+**

ASSOCIATE IN SCIENCE - PARALEGAL

Core & Selective Requirements

Complete Core Courses and Selective Courses, 27 units, listed under the Certificate of Proficiency-Paralegal.

Associate Degree Unit Requirements Total **27***

+ meet Certificate Program requirements listed on page 44.

* and required General Education coursework and electives as needed to meet the minimum 60 units required for the Associate degree.

PHILOSOPHY

Associate in Arts

Transfer Program

Philosophy is a disciplined reflection on the human condition. It can be an analysis and criticism of ideas and statements, or an attempt to synthesize all experience and knowledge, or an exploration of the meaning of life and how best to live it. Critical thinking is developed while examining peoples' responses to fundamental questions.

ASSOCIATE IN ARTS - PHILOSOPHY

Core & Selective Requirements

Complete Core Courses, 12 units

	UNITS
PHIL 100 Introduction to Philosophy	3
PHIL 103 Critical Thinking	3
PHIL 160 History of Philosophy: Ancient & Medieval	3
PHIL 240 Introduction to Ethics	3

Selective courses: choose a minimum of 6 units from the following:

ANTH 110 Cultural Anthropology	3
HIST 100 History of Western Civilization I	3
HIST 101 History of Western Civilization II	3
PHIL 190 Contemporary Philosophy	3
PHIL 200 Introduction to Logic	3
PHIL 300 Introduction to World Religions	3
PHIL 320 Asian Philosophy	3
PSYC 100 General Psychology	3
SPAN 110 Elementary Spanish	5
SPAN 120 Advanced Elementary Spanish	5

Associate Degree Unit Requirements Total **18***

TRANSFER PROGRAM - PHILOSOPHY

Cañada College offers lower division coursework required for transfer in Philosophy. Students should use PROJECT ASSIST (www.assist.org) to research lower division major requirements at the transfer destination(s) of their choice. Also, work with a Counselor/Advisor to determine appropriate transfer coursework.

* and required General Education coursework and electives as needed to meet the minimum 60 units required for the Associate degree.

PHYSICAL EDUCATION

Certificate of Proficiency - Fitness Professional

Associate in Arts - Fitness Professional

Associate in Arts - Physical Education

Transfer Program

The Physical Education/Athletics Department offers a variety of activity classes designed for lifetime enhancement of fitness, recreation and leisure time. Classes in dance, individual sports, fitness and team sports are offered at various levels of performance. Beginning classes introduce an activity; intermediate to advanced courses are designed to improve an already existing skill level.

CERTIFICATE OF PROFICIENCY - FITNESS PROFESSIONAL

The Fitness Professional certificate prepares students to enter the fitness/wellness/health industry. As the industry grows, so will the demand for highly qualified and certified fitness professionals. Courses cover terminology for exercise physiology, anatomy, body mechanics, health assessment, nutrition, weight management, cardiovascular pathology, and related risk factors. Students also learn practical fitness testing assessment, exercise programming, and techniques to change health behaviors. Successful completion of the Fitness Professional certificate assists the students to prepare for a variety of national certification exams for Exercise Leader including the American College of Sports Medicine (ACSM) and the American Council on Exercise (ACE).

Fitness Professionals have many different job opportunities such as coaches, personal trainers, fitness/nutrition specialist, group exercise leaders, exercise/health specialist, activities director and wellness specialist.

Core and Selective Requirements

Complete Core Courses, 17 units

	UNITS
BIOL 310 Nutrition	3
CBOT 430 Computer Applications, Part I	1.5
FITN 240 Vocabulary of Exercise Physiology	1
FITN 245 Principles and Techniques of Resistance Training	2
FITN 250 Personal Trainer Preparation: Anatomy and Physiology	3
FITN 251 Personal Trainer: Health Appraisal and Exercise Prescription	3
FITN 672 Internship for Fitness Professional	1
HSCI 432 CPR	0.5
P.E. 308 Prevention and Care of Athletic Injuries	2

Selective courses: choose a minimum of 4 units from the following:

BIOL 250 Human Anatomy	4
P.E. 115 Introduction to Adaptive Physical Education	2
P.E. 116 Assisting in Adaptive Physical Education	0.5-3
SPCH 120 Interpersonal Communication	3
Maximum one (1) unit from the following P.E. activity courses:	
DANC 350 Dance Aerobics	0.5-1
FITN 123 Cardio Pump Fitness	1
FITN 124 Pilates Training	0.5-1
FITN 128 Get on the Ball Exercising	1-2
FITN 151 Beginning Step Aerobics	1
FITN 332 Flexibility and Stretching	1

FITN 334 Yoga	1
Certificate Unit Requirements Total	21+

ASSOCIATE IN ARTS - FITNESS PROFESSIONAL

Core and Selective Requirements

Complete Core Courses, 26 units

	UNITS
BIOL 250 Human Anatomy	4
BIOL 260 Human Physiology	5
BIOL 310 Nutrition	3
CBOT 430 Computer Applications, Part I	1.5
FITN 240 Vocabulary of Exercise Physiology	1
FITN 245 Principles and Techniques of Resistance Training	2
FITN 250 Personal Trainer Preparation: Anatomy and Physiology	3
FITN 251 Personal Trainer: Health Appraisal and Exercise Prescription	3
FITN 672 Internship for Fitness Professional	1
HSCI 432 CPR	0.5
P.E. 308 Prevention and Care of Athletic Injuries	2

Selective courses: choose a minimum of 4 units from the following:

P.E. 115 Introduction to Adaptive Physical Education	2
P.E. 116 Assisting in Adaptive Physical Education	0.5-3
SPCH 120 Interpersonal Communication	3
Maximum one (1) unit from the following P.E. activity courses:	
DANC 350 Dance Aerobics	0.5-1
FITN 123 Cardio Pump Fitness	1
FITN 124 Pilates Training	0.5-1
FITN 128 Get on the Ball Exercising	1-2
FITN 151 Beginning Step Aerobics	1
FITN 332 Flexibility and Stretching	1
FITN 334 Yoga	1

Associate Degree Unit Requirements Total	30*
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ASSOCIATE IN ARTS - PHYSICAL EDUCATION

Core and Selective Requirements

Complete Core Courses, 13 units

	UNITS
BIOL 110 Principles of Biology	4
BIOL 250 Human Anatomy	4
BIOL 260 Human Physiology	5
Physical Education Activities	4-8

Selective courses: choose a minimum of 5 units from the following:

Physical Education Activity courses

TRANSFER PROGRAM - PHYSICAL EDUCATION

Cañada College offers lower division coursework required for transfer in Physical Education. Students should use PROJECT ASSIST (www.assist.org) to research lower division major requirements at the transfer destination(s) of their choice. Also, work with a Counselor/Advisor to determine appropriate transfer coursework.

+ meet Certificate Program requirements listed on page 44.

* and required General Education coursework and electives as needed to meet the minimum 60 units required for the Associate degree.

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