APPLIED PHYSIOLOGY AND KINESIOLOGY (60 Credits)

Guided Pathway: Associate of Arts; Concentration: Applied Physiology and Kinesiology (FULL TIME).

For more information, visit www.fgc.edu and your academic advisor.

Meta-major: Health Sciences

University Transfer: **FSU, UF**

The ***Associate of Arts*** degree is a collegiate degree program consisting of lower-division courses intended for transfer to baccalaureate programs at the universities listed above[ii]. This plan is for those who are interested in earning a baccalaureate degree in ***Applied Physiology and Kinesiology.***

This is the sequence of courses for students interested in majoring in ***Applied Physiology and Kinesiology*** at one of the universities listed above. It does not represent a contract, nor does it guarantee course availability or entry into your university of choice. This pathway presents classes needed for your baccalaureate degree in ***Applied Physiology and Kinesiology.*** Courses that complete the degree are listed below. As always, visit your academic advisor each semester to help you keep on track for graduation.

Note: All AA degrees must satisfy the Foreign Language requirement for graduation. Please see catalog

FULL-TIME

PATHWAY

SEMESTER BY SEMESTER MAP FOR FULL-TIME STUDENTS

SEMESTER 1	ACTION ITEMS
ENC 1101 – Freshman Composition I[iv] *(Communication core)*	• Meet with your advisor to confirm academic and career goals by the end of the semester. • **REQUIRED:** Complete the ***Computer Competency* course** within Canvas. • Consult your advisor to make sure you have met ***the Foreign Language requirement***. • At the end of the semester, begin research on college and universities where you want to seek to transfer. Meet with a career advisor/coach to research your career options with a degree in ***Applied Physiology and Kinesiology***. • Remember to start collecting artifacts from your courses for your Academic & Career Portfolio in SLS 2370 • Begin applying for Financial Aid and Scholarships ○ You can start the FAFSA in October for the next academic year. *(i.e., in October 2020, you can complete the FAFSA for if you plan to register for classes at a college or university Fall 2021)*
Choose one: **AMH 2020** – US History from 1865 ***OR*** **POS 1041** – American Government[iv] *(Social Science & civic literacy)*	
MAC 1105 – College Algebra *(Mathematics core)*	
BSC 2010C – General Biology I with Lab *(Biological Science Core/Prerequisite) (4 cr)*	
TOTAL SEMESTER CREDIT HOURS: 13	

SEMESTER 2	ACTION ITEMS
Choose one: **ENC 1102** – Freshman Composition II ***OR*** **CRW 2001** – Creative Writing ***OR*** **Any AML, ENL, *OR* LIT course (except LIT 2000)**[iv] *(Communication)*	• Meet with your advisor to confirm or update your academic/career pathway and program of study. • Ask about transfer advising to discuss options to pursue the bachelor's degree. • Continue collecting artifacts from courses for your Academic & Career Portfolio in SLS 2370
MAC 1140 – Precalculus[iv] *(Mathematics core/Prerequisite)*	
MAC 1114 - Trigonometry[iv] *(Elective Prerequisite)*	
BSC 2011C – General Biology II with Lab *(Elective Prerequisite) (4 cr)*	
TOTAL SEMESTER CREDIT HOURS: 13	

SEMESTER 3	ACTION ITEMS
CHM 2045/L – General Chemistry I/Lab *(Physical Science/Prerequisite) (4 cr)*	• Meet with your advisor to confirm or update your academic/career pathway and program of study. • Ask about transfer advising to discuss options to pursue the bachelor's degree. • Begin applying for Financial Aid and Scholarships ○ You can start the FAFSA in October for the next academic year. *(i.e., in October 2020, you can complete the FAFSA for if you plan to register for classes at a college or university Fall 2021)* • Check with your advisor for important deadlines and dates • Continue collecting artifacts from courses for your Academic & Career Portfolio in SLS 2370
Choose one: **HUM 2551** – Philosophy and Religion ***OR*** **LIT 2000** – Introduction to Literature ***OR*** **Any general education PHI or REL** courses *(Humanities)*[iv]	
SPC 2608 – Public Speaking[iv] *(Communications)*	
MAC 2311 – Calculus I[iv] (*Elective Prerequisite*) (4 cr)	
TOTAL SEMESTER CREDIT HOURS: 14	

SEMESTER 4	ACTION ITEMS
HUN 1201 – Human Nutrition (*Elective Prerequisite*)	• Begin applying to your top choice universities. • Begin applying for Financial Aid and Scholarships ○ You can start the FAFSA in October for the next academic year. *(i.e., in October 2020, you can complete the FAFSA for if you plan to register for classes at a college or university Fall 2021)* • Check with your advisor for important deadlines and dates
CHM 2046/L – General Chemistry II/Lab (*Elective Prerequisite*) *(4 cr)*	
SLS 2370 – Personal Academic & Career Engagement [iv] (3rd Soc Sci)	
BSC 2085/L – Anatomy & Physiology I/Lab (*Elective Prerequisite*) *(4 cr)*	
TOTAL SEMESTER CREDIT HOURS: 14	
SEMESTER 5	**ACTION ITEMS**

BSC 2086/L – Anatomy & Physiology II/Lab (*Elective Prerequisite*) *(4 cr)*	• After reviewing your final program of study, apply for Graduation.
	  ○ Meet with your advisor to apply for the degree.
	  ○ Sign up for commencement.
	• Request final transcripts to be sent to the college or university to where you will transfer.
	• Congratulations, graduate!

PSY 2012 – General Psychology *(Social Science core/Prerequisite)*	
Choose one: **MUL 1010** – Music Appreciation ***OR*** **THE 2000** – Theatre Appreciation ***OR*** **ARH 1000** – Art Appreciation ***OR*** **HUM 2020** – Introduction to Humanities [iv] *(Humanities core)*	
TOTAL SEMESTER CREDIT HOURS: 10	
AAPK DEGREE MINIMUM: 60 SEMESTER CREDIT HOURS|PATHWAY TOTAL: 64 CREDIT HOURS	

[i] Degree plans may change in later catalogs. You may use this pathway if you entered the college on or before this date.
[ii] Students must earn at least 25% of the credit hours (15 hours) required for graduation through instruction by FGC to award the degree.
[iii] This is not an official degree plan. For official degree requirements, click here.
[iv] You must earn a grade of "C" or better in all Gordon Rule classes.

APPLIED PHYSIOLOGY AND KINESIOLOGY (60 Credits)

Guided Pathway: Associate of Arts; Concentration: Applied Physiology and Kinesiology (PART TIME).

For more information, visit www.fgc.edu and your academic advisor.

Meta-major: Health Sciences

University Transfer: **FSU, UF**

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Note: All AA degrees must satisfy the Foreign Language requirement for graduation. Please see catalog

PART-TIME

PATHWAY

SEMESTER BY SEMESTER MAP FOR PART-TIME STUDENTS

SEMESTER 1	ACTION ITEMS
ENC 1101 – Freshman Composition I [iv] *(Communication core)*	• Meet with your advisor to confirm academic and career goals by the end of the semester. • **REQUIRED:** Complete the ***Computer Competency* course** within Canvas. • Consult your advisor to make sure you have met ***the Foreign Language requirement***. • Remember to start collecting artifacts from your courses for your Academic & Career Portfolio in SLS 2370 • Begin applying for Financial Aid and Scholarships ○ You can start the FAFSA in October for the next academic year. *(i.e., in October 2020, you can complete the FAFSA for if you plan to register for classes at a college or university Fall 2021)*
MAC 1105 – College Algebra [iv] *(Mathematics core)*	
TOTAL SEMESTER CREDIT HOURS: 6	
SEMESTER 2	**ACTION ITEMS**
Choose one: **AMH 2020** – US History from 1865 ***OR*** **POS 1041** – American Government [iv] *(Social Science & civic literacy)*	• At the end of the semester, begin research on college and universities where you want to seek to transfer. Meet with a career advisor/coach to research your career options with a degree in ***Applied Physiology and Kinesiology***. • Continue collecting artifacts from courses for your Academic & Career Portfolio in SLS 2370
MAC 1140 – Precalculus [iv] *(Mathematics core)*	
TOTAL SEMESTER CREDIT HOURS: 6	
SEMESTER 3	**ACTION ITEMS**
MAC 1114 - Trigonometry [iv] *(Mathematics core)*	• Meet with your advisor to confirm or update your academic/career pathway and program of study. • Continue collecting artifacts from courses for your Academic & Career Portfolio in SLS 2370 • Begin applying for Financial Aid and Scholarships ○ You can start the FAFSA in October for the next academic year. *(i.e., in October 2020, you can complete the FAFSA for if you plan to register for classes at a college or university Fall 2021)*
Choose one: **ENC 1102** – Freshman Composition II ***OR*** **CRW 2001** – Creative Writing ***OR*** **Any AML, ENL, *OR* LIT course (except LIT 2000)**[iv] *(Communication)*	
BSC 2010C – General Biology I with Lab *(Biological Science Core/Prerequisite) (4 cr)*	
TOTAL SEMESTER CREDIT HOURS: 10	
SEMESTER 4	**ACTION ITEMS**
MAC 2311 – Calculus I[iv] (*Elective Prerequisite*) *(4 cr)*	• Meet with your advisor and ask about transfer advising to discuss options to pursue the bachelor's degree. • Continue collecting artifacts from courses for your Academic & Career Portfolio in SLS 2370
BSC 2011C – General Biology II with Lab (*Elective Prerequisite*) *(4 cr)*	
TOTAL SEMESTER CREDIT HOURS: 8	

SEMESTER 5	ACTION ITEMS
SPC 2608 – Public Speaking [iv] *(Communications)*	• Meet with your advisor to confirm academic and career goals by the end of the semester. • Meet with a career advisor/coach to research your career options. • Continue collecting artifacts from your courses for your Academic & Career Portfolio in SLS 2370. • Begin applying for Financial Aid and Scholarships ○ You can start the FAFSA in October for the next academic year. *(i.e., in October 2020, you can complete the FAFSA for if you plan to register for classes at a college or university Fall 2021)*
PSY 2012 – General Psychology *(Social Science prerequisite)*	
Choose one: **MUL 1010** – Music Appreciation ***OR*** **THE 2000** – Theatre Appreciation ***OR*** **ARH 1000** – Art Appreciation ***OR*** **HUM 2020** – Introduction to Humanities [iv] *(Humanities core)*	
TOTAL SEMESTER CREDIT HOURS: 9	
SEMESTER 6	**ACTION ITEMS**
CHM 2045/L – General Chemistry I/Lab *(Physical Science/Prereq) (4 cr)*	• Meet with your advisor to confirm or update your academic/career pathway and program of study.
SLS 2370 – Personal Academic & Career Engagement [iv] (3rd Soc Sci)	
TOTAL SEMESTER CREDIT HOURS: 7	
SEMESTER 7	**ACTION ITEMS**
BSC 2085/L – Anatomy & Physiology I/Lab (*Elective Prerequisite*) *(4 cr)*	• Begin applying to your top choice universities. • Begin applying for Financial Aid and Scholarships ○ You can start the FAFSA in October for the next academic year. *(i.e., in October 2020, you can complete the FAFSA for if you plan to register for classes at a college or university Fall 2021)* • Check with your advisor for important deadlines and dates
CHM 2046/L – General Chemistry II/Lab (*Elective Prerequisite*) *(4 cr)*	
TOTAL SEMESTER CREDIT HOURS: 8	
SEMESTER 8	**ACTION ITEMS**

Choose one: **HUM 2551** – Philosophy and Religion ***OR***
LIT 2000 – Introduction to Literature ***OR***
Any general education PHI or REL courses *(Humanities)*[iv]
	• After reviewing your final program of study, apply for Graduation.
	  ○ Meet with your advisor to apply for your degree.
	  ○ Sign up for commencement.
	• Request final transcripts to be sent to the college or university to where you will transfer.
	• Congratulations, graduate!

HUN 1201 – Human Nutrition *(Elective Prerequisite)*	
BSC 2086/L – Anatomy & Physiology II/Lab (*Elective Prerequisite*) *(4 cr)*	
TOTAL SEMESTER CREDIT HOURS: 10	
AAPK DEGREE MINIMUM: 60 SEMESTER CREDIT HOURS|PATHWAY TOTAL: 64 CREDIT HOURS	

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