

## HOW LONG DOES IT TAKE TO COMPLETE THE CERTIFICATE PROGRAM?

Use the charts below to help you decide what classes to take. Use the worksheet on the following page to plan your class schedule.

*"I work full-time and I'm a single mother of two wonderful children. I can attend one class a week. What classes do you suggest I take?"*

FALL SEMESTER - 1ST YEAR		SPRING SEMESTER - 1ST YEAR		FALL SEMESTER - 2ND YEAR		SPRING SEMESTER - 2ND YEAR	
Health 60*	3 units	Health 61**	3 unit	Health 64	<b>3 units</b>	Two Elective Classes*** (see catalog description) <b>4 units</b>	
Health 62*	<u>2 units</u>	Health 63**	<u>2 units</u>				
	<b>5 units</b>		<b>5 units</b>				

*"I work full-time but I don't have any other commitments. I can attend two classes a week. What classes do you suggest I take?"*

FALL SEMESTER - 1ST YEAR		SPRING SEMESTER - 1ST YEAR		FALL SEMESTER - 2ND YEAR	
Health 60*	3 units	Health 61**	3 units	Health 64	<b>3 units</b>
Health 62*	2 units	Health 63**	2 units		
One Elective***	<u>1-3 units</u>	One Elective***	<u>1-3 units</u>		
	<b>6-8 units</b>		<b>6-8 units</b>		

*"I'm a full-time student. What classes do you suggest I take?"*

FALL SEMESTER - 1ST YEAR		SPRING SEMESTER - 1ST YEAR	
Health 60*	3 units	Health 61**	3 units
Health 62*	2 units	Health 63**	2 units
One Elective***	<u>1-3 units</u>	Health 64	3 units
	<b>6-8 units</b>	One Elective***	<u>1-3 units</u>
			<b>9-11 units</b>

\*Health 60 and 62 are required courses and must be taken at the same time. Health 62 meets directly after Health 60 on Wednesday evenings.

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\*\*\*Elective Courses: You must complete four units from two or more elective courses.

**WORKSHEET: WHAT CLASSES WILL I TAKE AND WHEN?**

Use the boxes below to list the classes you are interested in taking.  
I can attend one class a week.

FALL SEMESTER - 1ST YEAR	SPRING SEMESTER - 1ST YEAR	FALL SEMESTER - 2ND YEAR	SPRING SEMESTER - 2ND YEAR
Health 60*      3 units Health 62*      2 units 5 units	Health 61*      3 units Health 63*      2 units 5 units	Health 64      3 units	2 Electives**: _____ _____

I can attend two classes a week.

FALL SEMESTER - 1ST YEAR	SPRING SEMESTER - 1ST YEAR	FALL SEMESTER - 2ND YEAR
Health 60*      3 units Health 62*      2 units Elective**: _____ 6-8 units	Health 61*      3 units Health 63*      2 units Elective**: _____ 6-8 units	Health 64      3 units

"I'm a full-time student.

FALL SEMESTER - 1ST YEAR	SPRING SEMESTER - 1ST YEAR
Health 60*      3 units Health 62*      2 units Elective**: _____ 6-8 units	Health 61*      3 units Health 63*      2 units Health 64      3 units Elective**: _____ 9-11 units

\*Health 60 and 62 are required courses and must be taken at the same time. Health 62 meets directly after Health 60 on Wednesday evenings.

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