

Recreation and Leisure Studies Certificate 25-26



ABOUT THIS MAJOR

The Recreation and Leisure Studies certificate will provide students with the knowledge and skills needed to perform at an entry-level position in both private and public agencies in a wide variety of careers which may include event planning,

recreational program planning, sport and tournament planning, hospitality, therapeutic recreation and tourism. For more information, visit the [Athletics and Kinesiology](#) division.

TO EARN A Certificate A STUDENT MUST COMPLETE THE FOLLOWING:

- [1] Completion of Major & Program Electives Courses
- [2] Minimum grade point average of 2.0
- [3] A C or better in all courses required for the major

Certificate- Recreation and Leisure Studies

[Total Units Required in the Major 24]

Required Courses, complete ALL courses (24 units)	
HE100 - First Aid and Emergency Care	3
HE101 - Health Education	3
KINT100 - Introduction to Kinesiology	3
KINT105 - Active Lifestyles: Personal Wellness and Nutrition	3
KINT114 - Athletic and Fitness Organization & Administration	3
KINT115 - Foundation For Fitness And Wellness	3
REC101 - Introduction to Recreation and Leisure	3
REC102 - Recreational Leadership	3

RECOMMENDED PATHWAY

Recreation and Leisure Studies Certificate

The Recommended Plan of Study is determined by the discipline faculty. Take classes in **Summer** or **Intersession** if needed to complete your degree in a timely manner!

Fall/Spring: Max 19 units | Summer: Max 9 units | Intersession: Max 6 units

☒ Major

SEMESTER 1

Course	Units
<input checked="" type="checkbox"/> HE 101	3
<input checked="" type="checkbox"/> REC 101	3
<input checked="" type="checkbox"/> KINT 100	3
<input checked="" type="checkbox"/> KINT 115	3
Total Units	12

SEMESTER 2

Course	Units
<input checked="" type="checkbox"/> KINT 114	3
<input checked="" type="checkbox"/> HE 100	3
<input checked="" type="checkbox"/> KINT 105	3
<input checked="" type="checkbox"/> REC 102	3
Total Units	12

COUNSELING NOTE SECTION

Prerequisite: If a course is listed as a prerequisite for another course, that prerequisite course must be completed with a satisfactory grade to enroll in the next course. A satisfactory grade is a grade of "A," "B," "C" or "P". Students who enroll in classes for which they do not meet the prerequisites will be involuntarily dropped. Students will be notified of this involuntary drop. Title 5, Section 55200(d)

Application for Graduation:

Antelope Valley College awards degrees three times annually following the Fall, Spring, and summer semesters. Students must apply for graduation to earn their degree or certificate. **Applications are due by September 6 for spring/summer graduates and by February 14 for fall graduates.**

AVC 25-26 CATALOG: [ACADEMIC POLICIES](#)

INFORMATION and RESOURCES

Tutoring Assistance
Transfer Center
Basic Needs

Career Center
Office of Students with Disabilities
Financial Aid

AVC Student Health Services
Palmdale Center
Counseling Division