Application for Award
CERTIFICATE OF ACHIEVEMENT IN KINESIOLOGY

Academic Plan: H022949D

LAHC LOS ANGELES HARBOR COLLEGE

Instructions to student:

1. Please complete this form.
2. Attach copies of your transcripts which include classes required for this certificate.
3. Return your completed application to Admissions & Records (SSA 218) 310-233-4020, or use your district email account (ends in @student.laccd.edu) to email completed forms to arhelp@lahc.edu.
4. A notice will be sent to you by email once your application is reviewed and processed.

Course	Name	Units	Grade	Semester Completed	Year Completed
	Required Core				
ANATOMY 001	Introduction to Human Anatomy	4			
or PHYSIOL 001	Introduction to Human Physiology	4			
HEALTH 012	Safety Education and First Aid	3			
KIN MAJ 100	Introduction to Kinesiology	3			
	Electives (Choose 6 units)				
KIN 217-1	Self Defense Skills	1			
KIN 229-1	Body Conditioning Skills	1			
KIN 245-1	Body Dynamics Skills I	1			
KIN 250-1	Weight Training Skills I	1			
KIN 251-1	Yoga Skills – I	1			
KIN 272	Track and Field Skills	1			
KIN 287-1	Basketball Skills I	1			
KIN 291-1	Volleyball Skills I	1			
KIN 350-1	Weight Training	1			
	Total Units	**16**			

Student Name: _____

Student ID Number: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Phone: _____

By signing below I certify that all information is true and correct to the best of my knowledge.

Signature: _____ Date: _____

FOR OFFICE USE ONLY

Do not write in this box

☐ Granted

☐ Denied

☐ Pending

Notes: _____

_____

_____

Reviewed by: _____

on date: _____

Student notified by email on date:

_____