

Complete all 6 sub-requirements

(63 hours)

A. AREA I:

1101 C
1102 C

3
3

B. AREA II:

1000-2000
1000-2000 A C
1000-2000 A C
1000-2000 D A C

3
3
6

C. AREA III:

A B 1100/100 C
C 1142/142 C
1112 C

3/1
3/1
3

D. AREA IV:

A 1000-2000 C A
1101, 1102, 1111, 1112, 1122, 1123, 2241, 2260, 2200, C 2251, C 2252, 2210, 2210, C 2275

3
9

E. AREA V:

2241 C & A
1101 C
1142 B
A 2242 A 1000-2000 AC C

3
1
1
1

A AB A ACC AC A B AD C (A D) A C D D A
C D BA D C CCA A A AC D A 120 D A BACCA A A D A
A A 25% C D D D B C D D C A 12 D C B C D
AC A D A 2.0 A A D A D AD A A C C A A D A C
C CA A C D D C A C A D A C D

EXERCISE SCIENCE PROGRAM

(40 hours)

	2.0	A	
<input checked="" type="checkbox"/>	4425		()
B	3347/ 347	<input checked="" type="checkbox"/> A	& /
B	3348/ 348	<input checked="" type="checkbox"/> A	& /
<input checked="" type="checkbox"/>	3352		()
<input checked="" type="checkbox"/>	4459		& ()
<input checked="" type="checkbox"/>	4474/ 474		()
<input checked="" type="checkbox"/>	4475		& ()
<input checked="" type="checkbox"/>	4476		()
<input checked="" type="checkbox"/>	4488	C488	()

3	-	-
3/1	-	-
3/1	-	-
3	-	-
3	-	-
3/1	-	-
488	-	488
2	-	-

D A A A D A C A D C C C D AC A A A C D C
 CA D C D C A D AD A D A C D DC A D C C A A C A
 D A A AB A B AD ACC AC C A D BA C CCA A A D C A D A
 C A C D D A C D BA D C CCA A A D C A D AD D A
 C C CA A ACAD CAD C C D A A A A A ADD A