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# Academic Readiness

## Academic Readiness Certificate of Achievement

The Academic Readiness Certificate is for students with learning and other disabilities. The certificate prepares students for the academic rigor of college level courses along with the development of academic skills to succeed in college. The Academic Readiness Certificate offers preparation in English and math courses and the development of career planning and college success skills.

Upon successful completion of the program, students will be able to:

- demonstrate knowledge of major muscle groups and joint movements as they pertain to common demonstrations of human performance.
- demonstrate the proper technique for performing exercises essential to improving general fitness levels.
- understand the connection between proper nutrition and improved athletic performance.  
understand and demonstrate how healthy mental functioning impacts athletic performance.
- select and implement field tests necessary for fitness assessment.

Course #	Title	Units
<b>Required Core Courses</b>		
IS-001.....	College Success.....	3
IS-002.....	Career Planning.....	1
GS-061.....	Content Area Support.....	1
GS-107.....	Guidance Studies Reading and Writing for Academic Readiness.....	2
GS-108.....	Guidance Students Math for Academic Readiness.....	2
	<b>Total .....</b>	<b>9</b>

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