

Program Requirements:

"Program Requirements" specify the courses required for this program. See suggested course sequence for additional information.

A major of 21-23 units is required for the associate in arts in kinesiology for transfer degree. Required core courses (14 units):

| COURSE | TITLE | UNITS |
|-----------------------------------|-----------------------------|-------|
| <input type="checkbox"/> BIOL 124 | Human Anatomy | 4 |
| <input type="checkbox"/> BIOL 125 | Human Physiology | 4 |
| <input type="checkbox"/> PE 100 | Introduction to Kinesiology | 3 |

and a maximum of one (1) course from any three (3) of the following areas (3 units) minimum: Aquatics

| COURSE | TITLE | UNITS |
|---------------------------------|-----------------------------------|-------|
| <input type="checkbox"/> PE 120 | Beginning & Intermediate Swimming | 1 |
| <input type="checkbox"/> PE 121 | Swim Fitness Lab | 1 |
| <input type="checkbox"/> PE 122 | Swim Fitness Lab | 0.5 |
| <input type="checkbox"/> PE 123 | Aerobic Swim | 1 |

Combatives

| COURSE | TITLE | UNITS |
|---------------------------------|-------------------------|-------|
| <input type="checkbox"/> PE 130 | Self Defense | 1 |
| <input type="checkbox"/> PE 132 | Cardio Kickboxing | 1 |
| <input type="checkbox"/> PE 134 | Martial Arts Techniques | 1 |

Fitness

| COURSE | TITLE | UNITS |
|---------------------------------|-----------------------------------|-------|
| <input type="checkbox"/> PE 133 | Beginning Yoga Fitness | 1 |
| <input type="checkbox"/> PE 140 | Physical Fitness Laboratory | 1 |
| <input type="checkbox"/> PE 141 | Physical Fitness Laboratory | 0.5 |
| <input type="checkbox"/> PE 142 | Low Impact Conditioning Exercises | 1 |
| <input type="checkbox"/> PE 143 | Step Aerobics | 1 |
| <input type="checkbox"/> PE 146 | Strength and Flexibility | 1 |
| <input type="checkbox"/> PE 154 | Jogging/Walking | 1 |

Individual Sports

| COURSE | TITLE | UNITS |
|---------------------------------|--------|-------|
| <input type="checkbox"/> PE 160 | Tennis | 1 |

Team Sports

| COURSE | TITLE | UNITS |
|---------------------------------|------------|-------|
| <input type="checkbox"/> PE 164 | Soccer | 1 |
| <input type="checkbox"/> PE 167 | Basketball | 1 |

| | | |
|---------------------------------|------------|---|
| <input type="checkbox"/> PE 170 | Softball | 1 |
| <input type="checkbox"/> PE 172 | Volleyball | 1 |

Restricted electives select 2 courses (7-9 units) from the following:

| COURSE | TITLE | UNITS |
|-----------------------------------|-----------------------|-------|
| <input type="checkbox"/> EMS 102 | First Aid & Safety | 3 |
| <input type="checkbox"/> MATH 123 | Elementary Statistics | 4 |
| <input type="checkbox"/> CHEM 150 | General Chemistry 1 | 5 |
| <input type="checkbox"/> PHYS 141 | General Physics 1 | 4 |
| or | | |
| <input type="checkbox"/> PHYS 161 | Engineering Physics 1 | 4 |

General Education

Suggested Course Sequence

The "Suggested Course Sequence" is an example of how to complete the requirements plus any additional general education that may be needed. If you would like to create a personalized Student Education Plan (SEP), schedule a meeting with a counselor.

FALL SEMESTER (YEAR 1)

| Course | Title | Units |
|-----------------------------------|----------------------------------|-----------|
| <input type="checkbox"/> ENGL 101 | Freshman Composition: Exposition | 4 |
| <input type="checkbox"/> HED 100 | Health and Wellness | 3 |
| <input type="checkbox"/> PE 100 | Introduction to Kinesiology | 3 |
| <input type="checkbox"/> CSU GE | Area B1: Physical Science | 3 |
| <input type="checkbox"/> ELECTIVE | MAJOR ELECTIVE | 1 |
| Total Units | | 15 |

Tasks:

- Complete Career Exploration
- Meet with Counselor (SEP)
- Visit library & tutoring
- Review Financial Aid Requirements
- Apply AHC Scholarship

SPRING SEMESTER (YEAR 1)

| Course | Title | Units |
|-----------------------------------|----------------------------|-----------|
| <input type="checkbox"/> BIOL 124 | Human Anatomy | 4 |
| <input type="checkbox"/> MATH 123 | Elementary Statistics | 4 |
| <input type="checkbox"/> ELECTIVE | MAJOR ELECTIVE | 1 |
| <input type="checkbox"/> CSU GE | Area A3: Critical Thinking | 3 |
| <input type="checkbox"/> CSU GE | Area C1: Arts | 3 |
| Total Units | | 15 |

Tasks:

- Set up Jobspeaker
- Attend Career Exploration Day
- Meet with a Transfer Counselor
- FAFSA or Dream Act due March 2
- Apply AHC Scholarship
- Attend a Transfer Workshop

FALL SEMESTER (YEAR 2)

| Course | Title | Units |
|-----------------------------------|-----------------------------|-----------|
| <input type="checkbox"/> BIOL 125 | Human Physiology | 4 |
| <input type="checkbox"/> EMS 102 | First Aid & Safety | 3 |
| <input type="checkbox"/> ELECTIVE | MAJOR ELECTIVE | 1 |
| <input type="checkbox"/> ELECTIVE | MAJOR ELECTIVE | 1 |
| <input type="checkbox"/> CSU GE | Area A1: Oral Communication | 3 |
| <input type="checkbox"/> CSU GE | Area D: Social Sciences | 3 |
| Total Units | | 15 |

Tasks:

- Meet with a Transfer Counselor
- Develop Resume at Career Center
- Apply for University Transfer
- Review Financial Aid Requirements
- Apply for AHC Scholarship

SPRING SEMESTER (YEAR 2)

| Course | Title | Units |
|-----------------------------------|---|-----------|
| <input type="checkbox"/> CSU GE | Area C2: Humanities | 3 |
| <input type="checkbox"/> CSU GE | Area C1 or C2 Arts or Humanities Course | 3 |
| <input type="checkbox"/> CSU GE | Area D: Social Sciences | 3 |
| <input type="checkbox"/> CSU GE | Area F: Ethnic Studies | 3 |
| <input type="checkbox"/> ELECTIVE | 100-LEVEL COURSE | 3 |
| Total Units | | 15 |

Tasks:

- Apply for Degree with Counseling
- Utilize Job Search Resources
- Complete: Transfer next steps
- FAFSA or Dream Act due March 2
- Attend Job Fair/Career Expo. Day