

### 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"/> IGETC    | Area 5A: Physical Science        | 3         |
| <input type="checkbox"/> ELECTIVE | MAJOR ELECTIVE                   | 1         |
| <b>Total Units</b>                |                                  | <b>15</b> |

#### 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"/> IGETC    | Area 1B: Critical Thinking | 3         |
| <input type="checkbox"/> IGETC    | Area 3A: Arts              | 3         |
| <b>Total Units</b>                |                            | <b>15</b> |

#### 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"/> IGETC    | Area 1C (CSU Only): Oral Communication | 3         |
| <input type="checkbox"/> IGETC    | Area 4: Social and Behavioral Sciences | 3         |
| <b>Total Units</b>                |  | <b>15</b> |

#### Tasks:

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

#### SPRING SEMESTER (YEAR 2)

| Course                         | Title                                  | Units           |
|--------------------------------|--|-----------------|
| <input type="checkbox"/> IGETC | Area 3B: Humanities                    | 3               |
| <input type="checkbox"/> IGETC | Area 3A or 3B: Arts and Humanities     | 3               |
| <input type="checkbox"/> IGETC | Area 4: Social and Behavioral Sciences | 3               |
| <input type="checkbox"/> IGETC | Area 4: Social and Behavioral Sciences | 3               |
| <input type="checkbox"/> IGETC | Area 6: Language other than English    | 3-5             |
| <b>Total Units</b>             |  | <b>15 to 16</b> |

#### Tasks:

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