

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"/> ELECTIVE	MAJOR ELECTIVE	1
<input type="checkbox"/> IGETC	Area 4: Social and Behavioral Sciences	3
Total Units		14

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
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"/> PHYS 141	General Physics 1	4
	OR	
<input type="checkbox"/> PHYS 161	Engineering Physics 1	4
<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"/> ELECTIVE	100-LEVEL COURSE	3
Total Units		16

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"/> 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
Total Units		15 to 17

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