



# Kinesiology AA-T Degree - CSU GE Breadth

This program is for students interested in physical education major and in the theoretical aspects of sports activity. It is designed for students who plan to transfer to a campus of the California State University (CSU). Other than the required core, the courses you choose to complete will depend to some extent on the selected CSU for transfer.

**Total Units: 58-62**

## First Year

### Semester 1

**16-17 Units**

COURSE	UNITS	PRE-REQS <sup>^</sup>	SEMESTERS OFFERED*	GE AREA
<b>KINES 300</b> Introduction to Kinesiology	3		F(O), S(O), Su(O)	CSU Area E1
<b>STAT 300</b> <sup>(Z)</sup> Introduction to Probability and Statistics <b>or</b> <b>PSYC 330</b> Introductory Statistics for the Behavioral Sciences	4 3	MATH 120 or 125 MATH 120 or 125	F, S, Su F, S	CSU Area B4 CSU Area B4
<b>CSU Area A2-Written Communication</b> <sup>(Z)</sup>	3	Recommend meeting with a counselor	F, S, Su	CSU Area A2
<b>CSU Area A1-Oral Communication</b> <sup>(Z)</sup>	3		F, S, Su	CSU Area A1
<b>Any Transferable Elective</b> <sup>1</sup>	3		F, S, Su	
<b>1 unit from List A</b>	1	See List A	See List A	

<sup>(Z)</sup> At least one section of this course is offered with free textbooks and is labeled as zero textbook costs (ZTC). If it is a GE area class or elective, there may be several ZTC offerings to fulfill the GE requirement. Use the Free Textbook filter to find these courses. Learn more on the [ZTC page of the college website](#).

<sup>1</sup> Suggestion-HEED 300 Health Science (3 units); F(O), S(O), Su(O); CSU Area E. Units needed to total 60 units for graduation. Refer to [Course Number](#) for the appropriate course level necessary for the degree.

### Semester 2

**14-16 Units**

COURSE	UNITS	PRE-REQS <sup>^</sup>	SEMESTERS OFFERED*	GE AREA
<b>CHEM 305</b> <sup>1 (Z)</sup> Introduction to Chemistry <b>or</b> <b>PHYS 350</b> <sup>(Z)</sup> General Physics <b>or</b>	5 4	Elementary Algebra or higher Pre-Req: MATH 355	F, S, Su F, S	CSU Area B1 & B3 CSU Area B1 & B3

## Career

### Options/Outlook:

Exercise physiologists assess, plan, or implement fitness programs that include exercise or physical activities designed to improve cardiorespiratory function, body composition, muscular strength, muscular endurance, or flexibility.

**Career opportunities require more than an associate degree.**

### A sample of reported job titles:

Bariatric Weight Loss Clinic Manager and Counselor; Cardiac Rehabilitation Program Director; Clinical Coordinator, Heart Failure Cardiac Rehabilitation; Clinical Exercise Physiologist; Clinical Exercise Specialist; Coordinator of Cardiopulmonary Services; Director of Cardiac Rehabilitation; Director of Rehabilitation and Wellness; Exercise Physiologist; Exercise Physiologist, Lifestyle and Weight Management Consultant

### Projected job openings nationally (2021-2031):

1,700

### Projected growth in California (2021-2031):

9% growth

COURSE	UNITS	PRE-REQS <sup>A</sup>	SEMESTERS OFFERED*	GE AREA
<b>BIOL 308</b> <sup>Z</sup> Contemporary Biology	3	Advisory: ESLR 320 & ESLW 310 of ESL 325 or eligible for ENGRD 310 & ENGWR 101	F, S, Su	CSU Area B2
<b>BIOL 309</b> <sup>2</sup> <sup>Z</sup> Contemporary Biology Laboratory	1	Advisory: Eligible for ENGWR 300	F, S, Su	CSU Area B3
<b>1 unit from List A</b>	1	See List A	See List A	
<b>CSU Area A3-Critical Thinking</b> <sup>Z</sup>	3		F, S, Su	CSU Area A3
<b>CSU Area C1-Arts</b> <sup>3</sup> <sup>Z</sup>	3		F, S, Su	CSU Area C1
<b>CSU Area C2-Humanities</b> <sup>Z</sup>	3		F, S, Su	CSU Area C2

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<sup>1</sup> Recommended an is a pre-req for BIOL 430 (in Semester 3).

<sup>2</sup> This lab is only required if BIOL 308 is chosen as course in first slot.

<sup>3</sup> Suggestion-DANCE 386 Dance History (3 units), F, S.

## Year 2

### Semester 3

15 Units

COURSE	UNITS	PRE-REQS <sup>A</sup>	SEMESTERS OFFERED*	GE AREA
<b>BIOL 430</b> <sup>Z</sup> Anatomy and Physiology	5	CHEM 305, 309 or 400	F, S, Su	CSU Area B2 & B3
<b>1 unit from List A</b>	1	See List A	See List A	
<b>CSU Area C1-Arts or C2-Humanities</b> <sup>Z</sup>	3		F, S, Su	CSU Area C1 or C2
<b>CSU Area D-Social &amp; Behavioral Sciences</b> <sup>1</sup> <sup>Z</sup>	3		F, S, Su	CSU Area D
<b>CSU Area D-Social &amp; Behavioral Sciences</b> <sup>2</sup> <sup>Z</sup>	3		F, S, Su	CSU Area D

<sup>Z</sup> At least one section of this course is offered with free textbooks and is labeled as zero textbook costs (ZTC). If it is a GE area class or elective, there

## Median Salary in California with advanced degree (2021):

\$76,020/yr

### Source:

<https://www.onetonline.org/link/summary/29-1128.00>

### Transfer notes:

Please meet with a counselor for specific transfer course evaluation or transferring to a specific 4-year institution.

## General Education (GE):

Non-specified GE courses identified by CRC Area, CSU Area or IGETC Area without pre- or co-requisite can be taken at any semester.

## This program map also meets the requirement for

the AA degree in Physical Education.

### Honors option:

The CRC Honors Program is designed specifically for academically accomplished students and for students with the potential for high achievement. Students who complete 15 units or more in honors-designated courses will earn special recognition as an Honors Scholar, a distinction that may entitle the student to guaranteed transfer and scholarship opportunities at select transfer colleges and universities

## About this program map:

may be several ZTC offerings to fulfill the GE requirement. Use the Free Textbook filter to find these courses. Learn more on the [ZTC page of the college website](#).

<sup>1</sup> Suggestion-KINES 308 Women in Sports (3 units), F, S or KINES 460 Sport in Society (3 units), F, S.

<sup>2</sup> Suggestion-KINES 416 Psychology of Sports (3 units), F, S, Su.

## Semester 4

13-14 Units

COURSE	UNITS	PRE-REQS <sup>^</sup>	SEMESTERS OFFERED*	GE AREA
<b>BIOL 431</b> <sup>(Z)</sup> Anatomy and Physiology	5	BIOL 430	F, S	CSU Area B2 & B3
<b>CSU Area F-Ethnic Studies</b> <sup>(Z)</sup>	3		Check Class Schedule for offering	CSU Area F
<b>Any Transferable Elective</b> <sup>1</sup>	3		F, S, Su	
<b>Any Transferable Elective</b> <sup>2</sup>	2-3		F, S, Su	

<sup>(Z)</sup> At least one section of this course is offered with free textbooks and is labeled as zero textbook costs (ZTC). If it is a GE area class or elective, there may be several ZTC offerings to fulfill the GE requirement. Use the Free Textbook filter to find these courses. Learn more on the [ZTC page of the college website](#).

<sup>^</sup>You must have passed the prerequisite course(s) with a "C" or better; Corequisite must be taken during the same semester; Advisory means it is recommended but not required to enroll in the course.

\*(O) = online available (P) = partially online

<sup>1</sup> Suggestion-select a course that will also meet the CSU Graduation Requirements. Units needed to total 60 units for graduation. Refer to [Course Number](#) for the appropriate course level necessary for the degree.

<sup>2</sup> Units required are determined by the number of units needed to total 60 units for graduation. Refer to [Course Number](#) for the appropriate course level necessary for the degree.

## List A-a minimum of 3 units from the following:

COURSE	UNITS	PRE-REQS <sup>^</sup>	SEMESTERS OFFERED*	GE AREA
<b>FITNS 380</b> <sup>(Z)</sup> Circuit Weight Training	1		F, S, Su	CSU Area E2
<b>FITNS 381</b> <sup>(Z)</sup> Weight Training	1		F, S, Su	CSU Area E2
<b>FITNS 390</b> <sup>(Z)</sup> Basic Yoga	1		F, S, Su	CSU Area E2
<b>FITNS 406</b> <sup>(Z)</sup> Running I	1		F, S	CSU Area E2
<b>FITNS 440</b> <sup>(Z)</sup> Swimming I	1		F, S	CSU Area E2
<b>PACT 310</b> <sup>(Z)</sup> Badminton I	1		F, S	CSU Area E2

This program map represents one possible pathway to complete the program. Please see a counselor to create an education plan customized to meet your needs. This map is not a guarantee of course availability or financial aid applicability.

## Zero Textbook Costs (ZTC):

The Zero Textbook Costs designation and logo are added to any course that provides free access to all required instructional materials. These are typically shared with students through Canvas. Courses that are designated as ZTC may still require students to purchase supplemental materials such as lab coats, a calculator, art supplies, etc. See full definitions and searching tips on the [Zero Textbook Costs page](#) of the college website.

COURSE	UNITS	PRE-REQS^	SEMESTERS OFFERED*	GE AREA
<b>TMACT 302</b> <sup>Z</sup> Soccer - Outdoor	1		Check Class Schedule for offering	CSU Area E2
<b>TMACT 320</b> <sup>Z</sup> Basketball	1		S	CSU Area E2
<b>TMACT 330</b> <sup>Z</sup> Volleyball	1		F, S	CSU Area E2

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