



Kinesiology AA-T Degree - Intersegmental General Education Transfer Curriculum, Univ of Cal or Cal State Univ

This program is for students interested in physical education major and 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: 60-63

First Year

Semester 1

16-17 Units

COURSE	UNITS	PRE-REQS [^]	SEMESTERS OFFERED*	GE AREA
KINES 300 Introduction to Kinesiology	3		F(O), S(O), Su(O)	
STAT 300 ^Z Introduction to Probability and Statistics or	4	MATH 120 or 125 or STAT 100	F, S, Su	IGETC Area 2
PSYC 330 Introductory Statistics for the Behavioral Sciences	3	MATH 120 or 125	F, S	IGETC Area 2
IGETC Area 1A-English Composition ^Z	3	Recommend meeting with a counselor	F, S, Su	IGETC Area 1A
IGETC Area 1C-Oral Communication ^Z	3		F, S, Su	IGETC Area 1C
Any Transferable Elective ¹	3		F, S, Su	
1 unit from List A	1	See List A	See List A	

^Z 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](#).

¹ Suggestion-HEED 300 Health Science (3 units); F(O), S(O), Su(O). 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 [^]	SEMESTERS OFFERED*	GE AREA
CHEM 305 ^{1 Z} Introduction to Chemistry or	5	Elementary Algebra or higher	F, S, Su	IGETC Area 5A & 5C

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, endurance, or flexibility.

Career opportunities require more than an associate degree.

A sample of reported job titles:

Assistant Athletic Trainer, Athletic Instructor, Athletic Trainer, Certified Athletic Trainer, Clinical Instructor, Graduate Assistant Athletic Trainer, Head Athletic Trainer, Head Athletic Trainer/Strength Coach, Resident Athletic Trainer, Sports Medicine Coordinator

Projected job openings nationally (2021-2031):

1,700

Projected growth in nationally (2021-2031):

9% growth

COURSE	UNITS	PRE-REQS^	SEMESTERS OFFERED*	GE AREA
PHYS 350 ^(Z) General Physics or BIOL 308 ^(Z) Contemporary Biology	4	Pre-Req: MATH 355	F, S	IGETC Area 5A & 5C
BIOL 308 ^(Z) Contemporary Biology	3	Advisory: ESLR 320 & ESLW 310 or eligible for ENGRD 310 & ENGWR 101	F, S, Su	IGETC Area 5B
BIOL 309 ^{2 (Z)} Contemporary Biology Laboratory	1	Advisory: Eligible for ENGWR 300	F, S, Su	IGETC Area 5C
1 unit from List A	1	See List A	See List A	
IGETC Area 1B- Critical Thinking ^(Z)	3		F, S, Su	IGETC Area 1B
IGETC Area 3A- Arts ^{3 (Z)}	3		F, S, Su	IGETC Area 3A
IGETC Area 3B- Humanities ^(Z)	3		F, S, Su	IGETC Area 3B

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¹ Recommended.

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

³ Suggestion-DANCE 386 Dance History (3 units), F, S.

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:

Year 2

Semester 3

15 Units

COURSE	UNITS	PRE-REQS^	SEMESTERS OFFERED*	GE AREA
BIOL 430 ^(Z) Anatomy and Physiology	5	CHEM 305, 309 or 400	F, S, Su	IGETC Area 5B & 5C
1 unit from List A	1	See List A	See List A	
IGETC Area 3A- Arts or 3B- Humanities ^(Z)	3		F, S, Su	IGETC Area 3A or 3B
IGETC Area 4- Social & Behavioral Sciences ^{1 (Z)}	3		F, S, Su	IGETC Area 4

COURSE	UNITS	PRE-REQS [^]	SEMESTERS OFFERED*	GE AREA
Any Transferable Elective²	3		F, S, Su	

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¹ Suggestion-KINES 308 Women in Sport. A total of 6 units from 2 disciplines is required to meet IGETC Area 4.

² Units needed to total 60 units for graduation. Refer to [Course Number](#) for the appropriate course level necessary for the degree.

Semester 4

15 Units

COURSE	UNITS	PRE-REQS [^]	SEMESTERS OFFERED*	GE AREA
BIOL 431 Z Anatomy and Physiology	5	BIOL 430	F, S	IGETC Area 5B & 5C
IGETC Area 4-Social & Behavioral Sciences¹ Z	3		F, S, Su	IGETC Area 4
IGETC Area 7-Ethnic Studies	3		F, S, Su	IGETC Area 6
Any Transferable Elective²	3		F, S, Su	
Any Transferable Elective²	1		F, S, Su	

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[^]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

¹ A total of 6 units from 2 disciplines are required to meet IGETC Area 4.

² 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 [^]	SEMESTERS OFFERED*	GE AREA
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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
FITNS 380 ^Z Circuit Weight Training	1		F, S, Su	
FITNS 381 ^Z Weight Training	1		F, S, Su	
FITNS 390 ^Z Basic Yoga	1		F, S, Su	
FITNS 406 ^Z Running I	1		F, S	
FITNS 440 ^Z Swimming I	1		F, S	
PACT 310 ^Z Badminton I	1		F, S	
TMACT 302 ^Z Soccer - Outdoor	1		Check Class Schedule for offering	
TMACT 320 ^Z Basketball	1		S	
TMACT 330 ^Z Volleyball	1		F, S	

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