



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

Catalog: 2024-25

GE Pattern: local AA/AS

Total Units: 60

First Year

Semester 1

15 Units

CAT.	COURSE	TITLE	UNIT	GE AREA
Req	KINES 300	Introduction to Kinesiology	3	IIIb
GE	ENGWR 300 / 480 ^H	College Composition	3	IIa WC
GE	MATH 300	Introduction to Mathematical Ideas	3	IIb MC
GE		any Area IIIa (PE Activity) course	1	IIIa
Elec		any elective course numbered 100-499	3	
Elec		any elective course numbered 100-499	2	

Semester 2

15 Units

CAT.	COURSE	TITLE	UNIT	GE AREA
Req	KINES 330	Care and Prevention of Athletic Injuries	3	
RE	HEED 300	Health Science	3	
GE		any Area Va (American Institutions) course	3	Va
Elec		any elective course numbered 100-499	3	
Elec		any elective course numbered 100-499	3	

Second Year

Semester 3

15 Units

CAT.	COURSE	TITLE	UNIT	GE AREA
RE	NUTRI 300 ¹	Nutrition	3	IV
RE	BIOL 300 ²	The Foundations of Biology	3	
GE		any Area VI (Ethnic/Multicultural Studies) course	3	VI
Elec		any elective course numbered 100-499	3	
Elec		any elective course numbered 100-499	3	

¹ or NUTRI 302² or BIOL 310 or PSYC 310

Semester 4

15 Units

CAT.	COURSE	TITLE	UNIT	GE AREA
RE	HEED 310 ³	Heartsaver First Aid, Adult and Pediatric CPR and AED	1	

CAREER PATH

Career Options:

This degree is designed for those pursuing a career in coaching, health and fitness, or personal training. With the proper choice of general education and elective courses, it can also be used to prepare students for transfer into Physical Education/Kinesiology programs.

Advising Notes:

- Students can substitute ESLW 340 for ENGWR 300/480.

Other Notes:

- Students planning to transfer in Kinesiology should consider the Kinesiology AS-T degree. [See the catalog](#) for more information.

CAT.	COURSE	TITLE	UNIT	GE AREA
RE	PSYC 300 ⁴	General Principles	3	Vb
GE		any Area I (Humanities) course	3	I
Elec		any elective course numbered 100-499	3	
Elec		any elective course numbered 100-499	3	
Elec		any elective course numbered 100-499	2	

³ or HEED 311

⁴ or PSYC 305 or KINES 307

^H honors courses

EXPLANATION OF CATEGORIES

Req	Required Core	A course that is required for this program
GE	General Education	A course that fulfills a specific general education requirement for a degree, which can be replaced with another course that meets the same requirement
Elec	Degree Elective	A degree-applicable course that is part of a degree roadmap to ensure that there is a total of at least 60 units, which is a requirement for an associate degree
RE	Restricted Elective	A course selected from a list of elective courses specified for this program in the course list in the catalog, which can be replaced with another course from the same list

Graduation Requirement

A course that fulfills a specific graduation requirement which can be replaced by another course that meets the same graduation requirement.

MC = Math Competency

WC = Writing Competency