

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. For counseling appointments call 916.608.6510.

Total Units: 60

First Year

Semester 1

14 Units

COURSE	UNITS	PRE-REQS^	SEMESTERS OFFERED*	GE AREA
KINES 300 Introduction to Kinesiology	3		F, S	
Physical Education Elective *	1		F, S	
ENGWR 300 College Composition or	3		F, S	1A
ENGWR 480 Honors College Composition	3		F, S	1A
STAT 300 Introduction to Probability and Statistics	4		F, S	2A
Arts	3		F, S	3A

* See Lists under Semester 4

Semester 2

15 Units

COURSE	UNITS	PRE-REQS^	SEMESTERS OFFERED*	GE AREA
CHEM 305 Introduction to Chemistry or	5	MATH 100	F, S	5A/5C
CHEM 400 General Chemistry I	5	CHEM 300, CHEM 305 or CHEM 310 AND MATH 120	F, S	5A/5C
Physical Education Elective *	1		F, S	
Critical Thinking	3		F, S	1B
Humanities	3		F, S	3B
Ethnic Studies	3			7

* See Lists under Semester 4

Second Year

Semester 3

14 Units

Notes

- See [General Education requirements](#) for: CSU or UC
- See [ASSIST.ORG](#) for the transfer requirements for the institution to which you plan to transfer.
- A transferable elective is defined as any class with a course number between 300 and 499. Electives may vary for the CSU and UC systems.
- U.S. History/American Ideals is a graduation requirement for all CSUs.
- Foreign Language may be required for CSU Sacramento IF student did not complete 3 years in high school. This requirement may vary at different colleges.
- Some English and Math courses have support courses (co-requisites). See your assessment results for more details.

COURSE	UNITS	PRE-REQS^	SEMESTERS OFFERED*	GE AREA
BIOL 430 Anatomy and Physiology	5	CHEM 305	F, S	5B
Physical Education Elective *	1		F, S	
Oral Communication	3		F, S	1C
US History/American Ideals	3		F, S	4
Transferable Elective	2		F, S	

* See Lists under Semester 4

Semester 4

17 Units

COURSE	UNITS	PRE-REQS^	SEMESTERS OFFERED*	GE AREA
BIOL 431 Anatomy and Physiology	5	BIOL 430	F, S	
Arts or Humanities	3		F, S	3A/3B
US History/American Ideals	3		F, S	4
Social and Behavioral Sciences	3		F, S	4
Transferable Elective	3		F, S	

Physical Education Elective List:

Select three courses, each from a different category listed below: A minimum of 3 units from the following:

Combatives:

FITNS 410: Karate I (1 unit)

FITNS 411: Karate II (1 unit)

FITNS 414: Tai Chi (1 unit)

Dance:

DANCE 310: Jazz Dance I (1 unit)

DANCE 312: Jazz Dance II (1 unit)

DANCE 320: Ballet I (1 unit)

DANCE 321: Ballet II (1 unit)

DANCE 330: Modern Dance I (1 unit) DANCE 332: Modern Dance II (1 unit)

DANCE 351: Urban Hip Hop I (1 unit)

DANCE 352: Urban Hip Hop II (1 unit)

Individual Sports:

PACT 300: Archery I (1 unit)

PACT 310: Badminton I (1 unit)

PACT 311: Badminton II (1 unit)

PACT 390: Tennis I (1 unit)

PACT 391: Tennis II (1 unit)

Fitness:

FITNS 304: Cardio Circuit (1 unit)

FITNS 306: Aerobics: Cardio-Kickboxing (1 unit)

FITNS 307: Aerobic Mix (1 unit)

FITNS 324: Mat Pilates (1 unit)

FITNS 331: Boot Camp Fitness (1 unit)

FITNS 352: Power Sculpting (1 unit)

FITNS 380: Circuit Weight Training (1 unit)

FITNS 381: Weight Training (1 unit)

FITNS 387: Weight Training for Speed, Agility, I(1 unit)

FITNS 388: Weight Training for Speed, Agility, II (1 unit)

FITNS 392: Yoga (1 unit)

FITNS 395: Stretch (1 unit)

Team Sports:

TMACT 302: Soccer - Outdoor (1 unit)

TMACT 303: Outdoor Soccer II (1 unit)

TMACT 305: Futsal I (1 unit)

TMACT 306: Futsal II (1 unit)

TMACT 321: Basketball II (1 unit)

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