



Kinesiology AA-T Degree

Associate Degree for Transfer (ADT) - A Degree with a guarantee: This program map represents one possible path for completing this program. **Please see a counselor** to create an education plan that is customized to meet your needs. This path is not a guarantee of course availability or financial aid applicability.

Catalog: 2024-25

GE Pattern: CSU GE Breadth / IGETC

Total Units: 60-61

First Year

Semester 1

16 Units

CAT.	COURSE	TITLE	UNIT	CSU GE	IGETC
Maj	KINES 300	Introduction to Kinesiology	3		
GE		Arts/Humanities	3	C1	3A
GE	HEED 300*	Health Science	3	E	
Maj	STAT 300** / 480 ^H	Introduction to Probability and Statistics	4	B4	2A
Elec	INDIS 313***	Freshman Seminar	3		

*HEED 300 is strongly recommended by the Kinesiology department to meet CSU GE Area E.

**If you don't place directly in STAT 300 (check your e-Services account), you will need to take STAT 10/STAT 300 combo course.

***INDIS 313 - Freshman Seminar is specifically designed for First Time in College students only. If you're not a First Time in College student, choose any elective course numbered 300-499.

Semester 2

15-16 Units

CAT.	COURSE	TITLE	UNIT	CSU GE	IGETC
ME		*Major Elective	1		
ME	CHEM 305 ⁺ / 309 ⁺ / 400 ⁺	Introduction to Chemistry	5	B1/B3	5A/5C
GE	ENGWR 300** / 488 ^H / ESLW 340	College Composition	3-4	A2	1A
GE		Social Sciences	3	D	4
GE		Oral Communication	3	A1	1C

*Major Elective. Choose one course from one area (Aquatic, Fitness, Individual Sports, Team Sports). **See list in Semester 4.**

+Prerequisite for CHEM 305 & 309: MATH 100 or MATH 103 & MATH 104 with a "C" grade or better or equivalent

Legend

- (H) - Honors
- Elec - Elective
- GE - General Education
- Maj - Required Core
- ME - Major Elective

Disclaimer

Every effort has been made to ensure that what is listed in the SCC Program Paths are accurate. The courses, the course sequencing, and the programs are subject to change without notice by the administration of the Los Rios Community College District and Sacramento City College at the discretion of the district and Sacramento City College. Further, Sacramento City College reserves the right to amend any course or program.

PLEASE SEE AN SCC COUNSELOR.

ADT Requirements

Transfer degrees require the following:

1. Complete all required courses for a major with a grade of "C" or better.
2. Complete 60 CSU-transferable units. At least 12 of the 60 units must be earned at Sacramento City College.
3. Complete one of the following general education (GE) patterns. Meet with your SCC Counselor to discuss the appropriate GE pattern for your individual transfer/graduation goals:

- [CSU General Education Breadth Requirements](#)
- [Intersegmental General Education Transfer Curriculum \(IGETC\) – CSU option](#)

Placement information

Support courses required for English and Math per placement. **Check your e-Services account under "Academic Records" to**

+Prerequisite for CHEM 400: CHEM 300 with a grade of "C" or better completed within one year prior to enrollment in CHEM 400 or placement through the assessment process AND Intermediate Algebra, High School Integrated Math 3, or equivalent with a "C" or better

**If you don't place directly in ENGWR 300 (check your e-Services account), you will need to take ENGWR 80/ENGWR 300 combo course.

***Electives may include any courses numbered 300-499.

determine your placements.

Counselor Notes

- All AA-Ts and AS-Ts are designed to transfer to CSUs in most majors. Students who wish to transfer to a UC are strongly encouraged to meet with a counselor to determine additional major requirements.
- Math – you may have other options for transfer level math; check with your counselor.
- **Students with Advanced Placement (AP) and International Baccalaureate Credit (IB) test scores should notify their counselor to learn more about how test scores may be used for credit.**

Second Year

Semester 3

15 Units

CAT.	COURSE	TITLE	UNIT	CSU GE	IGETC
Maj	BIOL 430 ⁺	Anatomy and Physiology	5	B2	5B
ME		*Major Elective	1		
GE		Art/Humanities	3	C2	3B
GE		Social Sciences	3	D	4
GE		Critical Thinking	3	A3	1B

*Major Elective. Choose one course from an area not already completed in a previous semester. (Aquatic, Fitness, Individual Sports, Team Sports). **See list in Semester 4.**

+Prerequisite for BIOL 430: CHEM 305, 309 or CHEM 400 with a "C" grade or better

Semester 4

14 Units

CAT.	COURSE	TITLE	UNIT	CSU GE	IGETC
Maj	BIOL 431 ⁺	Anatomy and Physiology	5		
ME		*Major Elective	1		
GE		Ethnic Studies	3	F	7
GE		Arts/Humanities	3	C1 or C2	3B or 3A
Elec		Elective	2		

*Major Elective. Choose one course from an area not already completed in a previous semester. (Aquatic, Fitness, Individual Sports, Team Sports). **See list below.**

+Prerequisite for BIOL 431: BIOL 430 with a "C" grade or better

Select one course maximum from three of the following areas for a total of 3 units:

Aquatics: FITNS 440, FITNS 441, FITNS 442, FITNS 443

Degree Notes

A minimum of 4 units from the following: BIOL 308 & BIOL 309 OR PHYS 350 OR STAT 300/480(H). This map directs students to take STAT 300. Meet with your counselor to discuss options.

Important Links

[SCC General Counseling](#)

[Kinesiology Department](#)

[Health & Health Professions Meta Majors](#)

Fitness: FITNS 306, FITNS 307, FITNS 321, FITNS 324, FITNS 326, FITNS 331, FITNS 336, FITNS 343, FITNS 344, FITNS 356, FITNS 381, FITNS 383, FITNS 390, FITNS 401, FITNS 402, FITNS 412

Individual Sports: PACT 330, PACT 350, PACT 351, PACT 410, PACT 390, PACT 391,

Team Sports: TMACT 302, TMACT 303, TMACT 304, TMACT 320, TMACT 321, TMACT 322, TMACT 330, TMACT 331, TMACT 333, TMACT 340

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