



# Kinesiology--Exercise Science A.A. Degree

This program map represents one possible path for completing this program. **Please see a counselor** to create an educational plan that is customized to meet your needs. This path is not a guarantee of course availability or financial aid applicability.

**Catalog:** 2024-25

**Total Units:** 60-61

## First Year

### Semester 1

15 Units

CAT.	COURSE	TITLE	UNIT	AA/AS GE
Maj	KINES 300	Introduction to Kinesiology	3	
GE		Humanities	3	I
Maj	STAT 300* / 480 <sup>H</sup>	Introduction to Probability and Statistics	4	IIB
GE	INDIS 313**	Freshman Seminar	3	IIIB
Elec		***Elective	2	

\*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. If you're not a First Time in College student, please select a GE course from SCC General Education Area IIb, such as HCD 310-College Success.**

\*\*\*Electives may include any courses numbered 100-499.

### Semester 2

15-16 Units

CAT.	COURSE	TITLE	UNIT	AA/AS GE
ME	CHEM 305 <sup>+</sup> / 400 <sup>+</sup>	Introduction to Chemistry	5	IV
GE	ENGWR 300** / 488 <sup>H</sup> / ESLW 340	College Composition	3-4	IIA
ME		***Major Elective (1)	3	
ME		****Major Elective (2)	1	IIIA
Maj	HEED 300	Health Science	3	

**+Prerequisite for CHEM 305:** Completion of Elementary Algebra with a grade of "C" or better or placement through assessment process

**+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 (ACS California Chemistry Diagnostic Exam) completed within one year prior to enrollment in CHEM 400 AND Intermediate Algebra, High School Integrated Math 3, or equivalent with a "C" or better

### 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.**

### AA/AS Requirements

Associate Degrees require the following:

1. Completion of a minimum of 60 degree-applicable units with an overall grade point average (GPA) of 2.0 ("C" average). A minimum of 12 units must be completed at Sacramento City College.
2. Completion of each required course with a grade of "C" or better for a major offered at Sacramento City College.
3. Completion of Sacramento City College's general education requirements – Area I; Area II(a) and II(b); Area III(a) and III(b), or Area III(c); Area IV; Area V; and Area VI – with an overall 2.0 GPA.
4. Completion of all three competency requirements (reading, writing, and mathematics).

**\*\*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.**

**\*\*\*Major Elective (1) - Choose one 1 course from the following list: HEED 301, HEED 353, KINES 410, KINES 412, KINES 418, KINES 452, RECR 300**

**\*\*\*\*Major Elective (2) - A minimum of 3 units from the following: (select 1 unit this semester): FITNS 306, FITNS 307, FITNS 321, FITNS 324, FITNS 326, FITNS 331, FITNS 336, FITNS 337, FITNS 343, FITNS 344, FITNS 345, FITNS 349, FITNS 356, FITNS 371, FITNS 372, FITNS 373, FITNS 374, FITNS 381, FITNS 383, FITNS 385, FITNS 387, FITNS 390, FITNS 392, FITNS 401, FITNS 402, FITNS 404, FITNS 412, FITNS 440, FITNS 441, FITNS 442, FITNS 443, FITNS 444, PACT 330, PACT 350, PACT 351, PACT 390, PACT 391, PACT 393, PACT 394, PACT 410, TMACT 302, TMACT 303, TMACT 304, TMACT 320, TMACT 321, TMACT 322, TMACT 330, TMACT 331, TMACT 333, TMACT 340, TMACT 341**

**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.**

***Exception: Students who possess a bachelor's (BA/BS) or higher degree from a college or university accredited through a regional accrediting agency recognized by the Council for Higher Education Accreditation (CHEA) are deemed to have satisfied both the general education and graduation competency requirements for an AA/AS degree. Degrees from accredited institutions outside of the US will be evaluated on a case-by-case basis.***

## Placement Information

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

## Important Links

[SCC General Counseling](#)  
[Kinesiology - Exercise Science](#)  
[Health & Health Professions Meta Majors](#)

# Second Year

## Semester 3

15 Units

CAT.	COURSE	TITLE	UNIT	AA/AS GE
Maj	BIOL 430 +	Anatomy and Physiology	5	
ME		*Major Elective (2)	1	
GE		American Institutions	3	VA
GE		Social and Behavioral Sciences	3	VB
Elec		**Elective	3	

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

**\*Major Elective (2) - A minimum of 3 units from the following: (select 1 unit this semester not already completed in a previous semester): FITNS 306, FITNS 307, FITNS 321, FITNS 324, FITNS 326, FITNS 331, FITNS 336, FITNS 337, FITNS 343, FITNS 344, FITNS 345, FITNS 349, FITNS 356, FITNS 371, FITNS 372, FITNS 373, FITNS 374, FITNS 381, FITNS 383, FITNS 385, FITNS 387, FITNS 390, FITNS 392, FITNS 401, FITNS 402, FITNS 404, FITNS 412, FITNS 440, FITNS 441, FITNS 442, FITNS 443, FITNS 444, PACT 330, PACT 350, PACT 351, PACT 390, PACT 391, PACT 393, PACT 394, PACT 410, TMACT 302, TMACT 303, TMACT 304, TMACT 320, TMACT 321, TMACT 322, TMACT 330, TMACT 331, TMACT 333, TMACT 340, TMACT 341**

**\*\*Electives may include any courses numbered 100-499.**

## Semester 4

15 Units

CAT.	COURSE	TITLE	UNIT	AA/AS GE
<b>Maj</b>	BIOL 431 +	Anatomy and Physiology	5	
<b>ME</b>		*Major Elective (2)	1	
<b>GE</b>		Ethnic/Multicultural Studies	3	VI
<b>Elec</b>		**Elective	3	
<b>Elec</b>		**Elective	3	

**+Prerequisite for BIOL 431:** Completion of CHEM 305, 309 or 400 and BIOL 430 with grades of "C" or better

\*Major Elective (2) - A minimum of 3 units from the following: (select 1 unit this semester not already completed in a previous semester): FITNS 306, FITNS 307, FITNS 321, FITNS 324, FITNS 326, FITNS 331, FITNS 336, FITNS 337, FITNS 343, FITNS 344, FITNS 345, FITNS 349, FITNS 356, FITNS 371, FITNS 372, FITNS 373, FITNS 374, FITNS 381, FITNS 383, FITNS 385, FITNS 387, FITNS 390, FITNS 392, FITNS 401, FITNS 402, FITNS 404, FITNS 412, FITNS 440, FITNS 441, FITNS 442, FITNS 443, FITNS 444, PACT 330, PACT 350, PACT 351, PACT 390, PACT 391, PACT 393, PACT 394, PACT 410, TMACT 302, TMACT 303, TMACT 304, TMACT 320, TMACT 321, TMACT 322, TMACT 330, TMACT 331, TMACT 333, TMACT 340, TMACT 341

\*\*Electives may include any courses numbered 100-499.