



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: 2025-26

GE Pattern: local AA/AS

Total Units: 60

## First Year

### Semester 1

15 Units

CAT.	COURSE	UNIT	PREREQUISITES	GE AREA
Req	<b>KINES 300</b> Introduction to Kinesiology	3		L7B
GE	<b>ENGL C1000</b> Academic Reading and Writing or	3		L1A
	<b>ENGL C1000H<sup>H</sup></b> Academic Reading and Writing - Honors	3		
GE	<b>MATH 300</b> Introduction to Mathematical Ideas	3		L2
GE	any Area L7A (Physical Education) course	1		L7A
Elec	any elective course	3		
Elec	any elective course	2		

### Semester 2

15 Units

CAT.	COURSE	UNIT	PREREQUISITES	GE AREA
Req	<b>KINES 330</b> Care and Prevention of Athletic Injuries	3		
RE	<b>HEED 300</b> Health Science	3		
GE	any Area L1B (Oral Communication & Critical Thinking) course	3		L1B
Elec	any elective course	3		
Elec	any elective course	3		

## Second Year

### Semester 3

15 Units

## 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:

- This degree can be completed using either the [local AA/AS](#) general education (GE) pattern or the [Cal-GETC](#) transfer GE pattern. [See a counselor](#) to determine which pattern is best for you based on your academic goals.
- Students can substitute ESLW 340 for ENGL C1000/C1000H (formerly known as ENGWR 300/480).
- Elective Courses:** any elective courses numbered 100-499, or having a 4-digit number starting with C.

### Other Notes:

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

CAT.	COURSE	UNIT	PREREQUISITES	GE AREA
RE	NUTRI 300 Nutrition	3		
RE	BIOL 300 The Foundations of Biology	3		L5
GE	any Area L6 (Ethnic Studies) course	3		L6
Elec	any elective course	3		
Elec	any elective course	3		

## Semester 4

15 Units

CAT.	COURSE	UNIT	PREREQUISITES	GE AREA
RE	HEED 310 Heartsaver First Aid, Adult and Pediatric CPR and AED	1		
RE	PSYC C1000 Introduction to Psychology	3		L4
GE	any Area L3 (Arts & Humanities) course	3		L3
Elec	any elective course	3		
Elec	any elective course	3		
Elec	any elective course	2		

<sup>H</sup> 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