



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:** Cal-GETC

**Total Units:** 60

## First Year

### Semester 1

15 Units

CAT.	COURSE	UNIT	PREREQUISITES	GE AREA
Req	<b>KINES 330</b> Care and Prevention of Athletic Injuries	3		
Req	<b>NUTRI 300</b> Nutrition	3		
RE	<b>CHEM 305<sup>1</sup></b> Introduction to Chemistry	5		5A, 5C
GE	<b>STAT C1000</b> Introduction to Statistics or	4		2
	<b>STAT C1000H<sup>H</sup></b> Introduction to Statistics - Honors	4		

<sup>1</sup> or CHEM 400 (General Chemistry I), which has prerequisites ([see the catalog](#))

### Semester 2

15 Units

CAT.	COURSE	UNIT	PREREQUISITES	GE AREA
Req	<b>KINES 334</b> Practical Applications in Athletic Training/Sports Medicine	3		
Req	<b>BIOL 430</b> Anatomy and Physiology	5	CHEM 305, 309 or 400	5B
GE	<b>ENGL C1000</b> Academic Reading and Writing or	3		1A
	<b>ENGL C1000H<sup>H</sup></b> Academic Reading and Writing - Honors	3		
GE	<b>any Area 4 (Social &amp; Behavioral Sciences) course in a discipline other than PSYC</b>	3		4
Elec	<b>any transferable elective course</b>	1		

## TRANSFER PATH

### Potential Transfer Majors:

- athletic training
- exercise science
- kinesiology
- other sports medicine related fields

This map prepares students for the A.S. degree. Additional major requirements and general education courses are needed for transfer. [See a counselor](#) to create an educational plan that prepares you to transfer.

### Potential Career/Options After Completing a Bachelor's Degree:

Career opportunities include:

- Teacher
- Coach
- Strength and conditioning coach/instructor
- Health and fitness professional
- Sport management
- Therapeutic exercise

With a more advanced degree:

- Athletic training
- Physical therapy
- Occupational therapy

## Second Year

### Semester 3

15 Units

CAT.	COURSE	UNIT	PREREQUISITES	GE AREA
Req	BIOL 431 Anatomy and Physiology	5	BIOL 430	
GE	any Area 1B (Critical Thinking and Composition) course	3		1B
GE	any Area 1C (Oral Communication) course	3		1C
GE	any Area 3A (Arts) course	3		3A
Elec	any transferable elective course	1		

### Semester 4

15 Units

CAT.	COURSE	UNIT	PREREQUISITES	GE AREA
Req	PSYC C1000 Introduction to Psychology	3		4
GE	any Area 3B (Humanities) course	3		3B
GE	any Area 6 (Ethnic Studies) course	3		6
Elec	any transferable elective course	3		
Elec	any transferable elective course	3		

#### EXPLANATION OF CATEGORIES

<b>Req</b>	Required Core	A course that is required for this program
<b>RE</b>	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
<b>GE</b>	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
<b>Elec</b>	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

### 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).
- Transferable Elective Courses:** any elective courses numbered 300-499, or having a 4-digit number starting with C.

### Other Notes to Students Preparing to Transfer:

- Students planning to transfer should also consider the Kinesiology AS-T degree. [See the catalog](#) for more information.
- Additional coursework may be required. Work with a counselor and [ASSIST.ORG](#) to determine the courses needed for your goals.
- The CSU system requires every student receiving a bachelor's degree to be knowledgeable about the Constitution of the United States, American history, and state and local government. This requirement is generally known as the American Institutions requirement. Students can complete this requirement at ARC before transferring. [See a counselor](#) for a list of approved courses.

### Honors Courses (H):

Students with a cumulative GPA of 3.2 or better who complete 15 or more units of Honors coursework earn an [Honors Transfer Certificate](#) and can take advantage of honors-

to-honors transfer agreements with highly selective colleges and universities, both public and private.

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