



# Kinesiology A.A. Degree - Local GE

The Kinesiology Associate of Arts degree provides an opportunity for students to explore the areas of health, fitness and kinesiology. The degree is designed to provide an introductory foundation in these areas and to prepare students for success by developing a core of knowledge, skills and attitudes. Students will develop and learn to promote an active and healthy lifestyle. Other topics may include nutrition, sport psychology, recreation, sport management, women in sport, sport and society and sport ethics. This Kinesiology AA degree does not guarantee transfer to a CSU or UC. If you are interested in transferring to a four-year college or university, it is critical that you meet with a CRC Counselor to select and plan the courses for your major. Schools vary widely in terms of the required preparation.

**Total Units: 61**

## First Year

### Semester 1

**16 Units**

COURSE	UNITS	PRE-REQS <sup>A</sup>	SEMESTERS OFFERED*	GE AREA
<b>KINES 300</b> Introduction to Kinesiology	3		F(O), S(O), Su(O)	CRC Area L7B
<b>STAT C1000E<sup>1</sup></b> <b>Z</b> Introduction to Probability and Statistics	4	Recommend meeting with a counselor	F, S, Su	CRC Area L2
<b>HEED 300</b> <b>Z</b> Health Science	3		F, S, Su	CRC Area L7B
<b>Local Area 1A-English Composition</b> <b>Z</b>	3	Recommend meeting with a counselor	F, S, Su	CRC Area L1A
<b>Local Area 3-Arts &amp; Humanities<sup>2</sup></b> <b>Z</b>	3		F, S, Su	CRC Area L3

**Z** At least one section of this course is offered with free textbooks and is labeled as zero textbook costs (ZTC). If it is a GE area class or elective, there may be several ZTC offerings to fulfill the GE requirement. Use the Free Textbook filter to find these courses. Learn more on the [ZTC page of the college website](#).

<sup>1</sup> Course from List A

<sup>2</sup> Suggestion-DANCE 386 Dance History (3 units), F, S.

### Semester 2

**15 Units**

COURSE	UNITS	PRE-REQS <sup>A</sup>	SEMESTERS OFFERED*	GE AREA
<b>CHEM 305</b> <b>Z</b> Introduction to Chemistry	5	Elementary Algebra or higher	F, S, Su	CRC Area L5
<b>1 unit from PE Courses<sup>1</sup></b> <b>Z</b>	1		Varies	CRC Area L7A
<b>Local Area 4-Social &amp; Behavioral Sciences</b> <b>Z</b>	3		F, S, Su	CRC Area L4
<b>3 unit course from List A</b>	3	See List A	See List A	

## Career

### Options/Outlook:

The Kinesiology AA degree can lead to the following job opportunities, but not limited to: Personal Training, health education, coaching and employment at fitness clubs. Students transferring to a 4-year college are advised to meet with a counselor for specific general education course requirements needed for the many careers associated with a Kinesiology degree. **Career opportunities require more than an associate degree.**

### A sample of reported job titles:

Fitness Trainer and Instructor, Group Fitness Instructor, Coaching.

### Projected job openings in California (2020-2030):

160

### Projected growth in California (2020-2030):

27% growth

COURSE	UNITS	PRE-REQS <sup>^</sup>	SEMESTERS OFFERED*	GE AREA
<b>3 unit course from List A</b>	3	See List A	See List A	

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<sup>1</sup> Any activity class under: ADAPT, FITNS, PACT, TMACT, and SPORT.

<sup>2</sup> Suggestion-KINES 308 Women in Sport (3 units), F, S; KINES 416 Psychology of Sport (3 units), F, S, Su; or KINE 460 Sport in Society (3 units) F, S.

<sup>3</sup> Suggestion-BIOL 309 Contemporary Biology (3 units) and BIOL 309 Contemporary Biology Lab (1 unit); Local Area 5. Units needed to total 60 units for graduation. Refer to [Course Number](#) for the appropriate course level necessary for the degree.

## Year 2

### Semester 3

15 Units

COURSE	UNITS	PRE-REQS <sup>^</sup>	SEMESTERS OFFERED*	GE AREA
<b>BIOL 430</b> <b>Z</b> Anatomy and Physiology	5	CHEM 305, 309 or 400	F, S, Su	CRC Area L5
<b>Local Area 6-Ethnic Studies</b>	3		F, S, Su	CRC Area L6
<b>1 unit from PE Courses</b> <sup>1</sup> <b>Z</b>	1		F, S, Su	CRC Area L7A
<b>3 unit course from List A</b> <sup>2</sup>	3	See List A	See List A	
<b>Elective</b> <sup>3</sup>	3		F, S, Su	

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<sup>1</sup> Any activity class under: ADAPT, FITNS, PACT, TMACT, and SPORT.

<sup>2</sup> Suggestion-NUTRI 300 Nutrition (3 units); F(O), S(O), Su(O); CRC Area III(b). Units needed to total 60 units for graduation. Refer to [Course Number](#) for the appropriate course level necessary for the degree.

<sup>3</sup> Suggestion-KINES 301 Personal Wellness (3 units); F, S; CRC Area III(b). Units needed to total 60 units for graduation. Refer to [Course Number](#) for the appropriate course level necessary for the degree.

### Semester 4

15 Units

COURSE	UNITS	PRE-REQS <sup>^</sup>	SEMESTERS OFFERED*	GE AREA
<b>BIOL 431</b> <b>Z</b> Anatomy and Physiology	5	BIOL 430	F, S	CRC Area L5
<b>Local Area 1B-Oral Communication &amp; Critical Thinking</b> <b>Z</b>	3		F, S, Su	CRC Area L1B

## Median Salary in California with advanced degree (2021):

Kinesiology salary range in California \$88,914-\$108,043, depending on the specific job.

### Source:

[U.S. Bureau of Labor Statistics](#)

### Transfer notes:

Please meet with a counselor for specific transfer course evaluation or transferring to a specific 4-year institution.

## General Education (GE):

Non-specified GE courses identified by CRC or Cal-GETC Area without pre- or co-requisites can be taken at any semester.

## Honors option:

The CRC Honors Program is designed specifically for academically accomplished students and for students with the potential for high achievement. Students who complete 15 units or more in honors-designated courses will earn special recognition as an Honors Scholar, a distinction that may entitle the student to guaranteed transfer and scholarship opportunities at select transfer colleges and universities

## About this program map:

This program map represents one possible pathway to complete the program. Please see a counselor to create an education plan customized to meet your needs. This map is not a guarantee of course availability or financial aid applicability.

COURSE	UNITS	PRE-REQS^	SEMESTERS OFFERED*	GE AREA
<b>1 unit from PE Courses</b> <sup>1</sup> <b>Z</b>	1		F, S, Su	CRC Area L7A
<b>Elective</b> <sup>2</sup>	3		F, S, Su	
<b>Elective</b>	3		F, S, Su	

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^You must have passed the prerequisite course(s) with a "C" or better; Corequisite must be taken during the same semester; Advisory means it is recommended but not required to enroll in the course.

\*(O) = online available (P) = partially online

<sup>1</sup> Any activity class under: ADAPT, FITNS, PACT, TMACT, and SPORT.

<sup>2</sup> Suggestion-PHYS 350 General Physics (3 units); Pre-req: MATH 335; F, S, Su; Units needed to total 60 units for graduation. Refer to [Course Number](#) for the appropriate course level necessary for the degree.

## LIST A-minimum of 12 units

COURSE	UNITS	PRE-REQS^	SEMESTERS OFFERED*	GE AREA
<b>STAT C1000E</b> <b>Z</b> Introduction to Probability and Statistics	4	Recommend meeting with a counselor	F, S, Su	
<b>NUTRI 300</b> <b>Z</b> Nutrition	3		F, S	
<b>PHYS 350</b> <b>Z</b> General Physics	4	MATH 335	F, S	
<b>KINES 301</b> <b>Z</b> Personal Wellness <b>or</b>	3		F, S	
<b>HEED 350</b> <b>Z</b> Personal Wellness	3		F, S	
<b>KINES 304</b> <b>Z</b> Introduction to Sports Management	3		F, S	
<b>KINES 308</b> Women in Sport	3		F, S	
<b>KINES 416</b> <b>Z</b> Psychology of Sport	3		F, S	
<b>KINES 455</b> <b>Z</b> Sport Ethics	3		F, S	
<b>KINES 460</b> <b>Z</b> Sport in Society	3		F, S	
<b>RECR 320</b> Recreation Activity Leadership	3		F, S	
<b>BIOL 308</b> <b>Z</b> Contemporary Biology <b>or</b>	3		F, S	
<b>BIOL 309</b> <b>Z</b> Contemporary Biology Laboratory	1		F, S	

## Zero Textbook Costs (ZTC):

The Zero Textbook Costs designation and logo are added to any course that provides free access to all required instructional materials. These are typically shared with students through Canvas. Courses that are designated as ZTC may still require students to purchase supplemental materials such as lab coats, a calculator, art supplies, etc. See full definitions and searching tips on the [Zero Textbook Costs page](#) of the college website.

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Catalog Year: 2025-2026

Counselor Contact: A. Kagan or T. Aldredge | Faculty Contact: Minet Gunther

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