

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. For counseling appointments call 916.608.6510. **ATTENTION:** General Education requirements have changed for the 2025-2026 academic year. Please see [GE guidance page](#) for more information on the different pathways.

Total Units: 60-61

First Year

Semester 1

14 Units

COURSE	UNITS	PRE-REQS [^]	SEMESTERS OFFERED*	GE AREA
KINES 300 Introduction to Kinesiology	3		F, S	
Physical Education Elective *	1		F, S	
ENGL C1000 Z Academic Reading and Writing or	3		F, S	
ENGL C1000H Academic Reading and Writing - Honors	3		F, S	
STAT C1000 Z Introduction to Statistics	4		F, S	
Arts	3		F, S	

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](#).

* See Lists under Semester 4

Semester 2

15 Units

COURSE	UNITS	PRE-REQS [^]	SEMESTERS OFFERED*	GE AREA
CHEM 305 Introduction to Chemistry or	5	MATH 100	F, S	

Notes

ATTENTION: General Education requirements have changed for the 2025-2026 academic year. Please see [GE guidance page](#) for more information on the different pathways.

- See [General Education requirements](#) for: CSU or UC for the previous 2024-25 academic year.
- See [ASSIST.ORG](#) for the transfer requirements for the institution to which you plan to transfer.
- A transferable elective is defined as any class with a course number between 300 and 499. Electives may vary for the CSU and UC systems.
- U.S. History/American Ideals is a graduation requirement for all CSUs.
- Foreign Language may be required for CSU Sacramento IF student did not complete 3 years in high school. This requirement may vary at different colleges.
- Some English and Math courses have support courses (co-requisites). See your assessment results for more details.

Zero Textbook Costs (ZTC):

COURSE	UNITS	PRE-REQS [^]	SEMESTERS OFFERED*	GE AREA
CHEM 400 General Chemistry I	5	CHEM 300, CHEM 305 or CHEM 310 AND MATH 120	F, S	
Physical Education Elective *	1		F, S	
Critical Thinking	3		F, S	
Humanities	3		F, S	
Ethnic Studies	3		F, S	

* See Lists under Semester 4

Second Year

Semester 3

15 Units

COURSE	UNITS	PRE-REQS [^]	SEMESTERS OFFERED*	GE AREA
BIOL 430 Anatomy and Physiology	5	CHEM 305	F, S	
Physical Education Elective *	1		F, S	
Oral Communication	3		F, S	
US History/American Ideals	3		F, S	
Transferable Elective	3		F, S	

* See Lists under Semester 4

Semester 4

16-17 Units

COURSE	UNITS	PRE-REQS [^]	SEMESTERS OFFERED*	GE AREA
BIOL 431 Anatomy and Physiology	5	BIOL 430	F, S	
Arts or Humanities	3		F, S	
US History/American Ideals	3		F, S	
Social Science	3		F, S	
Transferable Elective	2-3		F, S	

Physical Education Elective List:

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.

Select three courses, each from a different category listed below: A minimum of 3 units from the following:

Combatives:

FITNS 410: Karate I (1 unit)

FITNS 411: Karate II (1 unit)

FITNS 414: Tai Chi (1 unit)

Dance:

DANCE 310: Jazz Dance I (1 unit)

DANCE 312: Jazz Dance II (1 unit)

DANCE 320: Ballet I (1 unit)

DANCE 321: Ballet II (1 unit)

DANCE 330: Modern Dance I (1 unit) DANCE 332: Modern Dance II (1 unit)

DANCE 351: Urban Hip Hop I (1 unit)

DANCE 352: Urban Hip Hop II (1 unit)

Individual Sports:

PACT 300: Archery I (1 unit)

PACT 310: Badminton I (1 unit)

PACT 311: Badminton II (1 unit)

PACT 390: Tennis I (1 unit)

PACT 391: Tennis II (1 unit)

Fitness:

FITNS 304: Cardio Circuit (1 unit)

FITNS 306: Aerobics: Cardio-Kickboxing (1 unit)

FITNS 307: Aerobic Mix (1 unit)

FITNS 324: Mat Pilates (1 unit)

FITNS 331: Boot Camp Fitness (1 unit)

FITNS 352: Power Sculpting (1 unit)

FITNS 380: Circuit Weight Training (1 unit)

FITNS 381: Weight Training (1 unit)

FITNS 387: Weight Training for Speed, Agility, I(1 unit)

FITNS 388: Weight Training for Speed, Agility, II (1 unit)

FITNS 392: Yoga (1 unit)

FITNS 395: Stretch (1 unit)

Team Sports:

TMACT 302: Soccer - Outdoor (1 unit)

TMACT 303: Outdoor Soccer II (1 unit)

TMACT 305: Futsal I (1 unit)

TMACT 306: Futsal II (1 unit)

TMACT 321: Basketball II (1 unit)

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