



Kinesiology--Exercise Science A.A. Degree - Cal-GETC GE

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: 2025-26

Total Units: 60-61

First Year

Semester 1

16 Units

| CAT. | COURSE | TITLE | UNIT | GE AREA |
|------|----------------------|--------------------------------|------|------------------|
| Maj | KINES 300 | Introduction to Kinesiology | 3 | |
| GE | | Humanities | 3 | Cal-GETC Area 3B |
| Maj | STAT C1000* / C1000H | Introduction to Statistics | 4 | Cal-GETC Area 2 |
| Elec | INDIS 313** | Freshman Seminar | 3 | |
| GE | | Social and Behavioral Sciences | 3 | Cal-GETC Area 4 |

*If you don't place directly in STAT C1000 (check your eServices account), you will need to take STAT 10/STAT C1000 combo course.

****INDIS 313 - Freshman Seminar is specifically designed for First Time in College students. This course is an advised required elective. If you're not a First Time in College student, this course can be any elective course numbered 100-499.**

Semester 2

15-16 Units

| CAT. | COURSE | TITLE | UNIT | GE AREA |
|------|---|------------------------------|------|------------------|
| ME | CHEM 305 ⁺ / 400 ⁺ | Major Elective | 5 | Cal-GETC Area 5A |
| GE | ENGL C1000 ⁺ / ENGWR 488 ^H / ESLW 340 | Academic Reading and Writing | 3-4 | Cal-GETC Area 1A |
| ME | | **Major Elective (1) | 3 | |
| ME | | ***Major Elective (2) | 1 | |
| Maj | HEED 300 | Health Science | 3 | |

+Prerequisite for CHEM 305: Elementary Algebra or equivalent (Integrated Math 1) with a grade of "C-" or better.

+ 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

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 within the Los Rios Community College District.
2. Completion of each required course with a grade of "C" or better for a major offered at Sacramento City College.
3. Completion of the California General Education Transfer Curriculum (Cal-GETC). Areas 1 through 6 must be completed with a grade of "C" or better.

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.

Exam) completed within one year prior to enrollment in CHEM 400 **AND** Intermediate Algebra or equivalent (Integrated Math 3) with a grade of "C-" or better

*If you don't place directly in ENGL C1000 (check your eServices account), you will need to take ENGWR 80/ENGL C1000 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

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

Check your eServices account under “Academic Records” to determine your Math and English placements.

Important Links

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

Second Year

Semester 3

15 Units

| CAT. | COURSE | TITLE | UNIT | GE AREA |
|------|------------|-----------------------------------|------|-----------------------------------|
| Maj | BIOL 430 + | Anatomy and Physiology | 5 | Cal-GETC Area 5B/Cal-GETC Area 5C |
| ME | | *Major Elective (2) | 1 | |
| GE | | Oral Communication | 3 | Cal-GETC Area 1C |
| GE | | Critical Thinking and Composition | 3 | Cal-GETC Area 1B |
| GE | | Arts | 3 | Cal-GETC Area 3A |

+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

Semester 4

14 Units

| CAT. | COURSE | TITLE | UNIT | GE AREA |
|------|-----------------------|----------------------------------|------|-----------------|
| Maj | BIOL 431 ⁺ | Anatomy and Physiology | 5 | |
| ME | | *Major Elective (2) | 1 | |
| GE | | Ethnic Studies | 3 | Cal-GETC Area 6 |
| GE | | **Social and Behavioral Sciences | 3 | Cal-GETC Area 4 |
| Elec | | ***Elective | 2 | |

+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

**Cal-GETC Area 4 requires 2 courses from different disciplines. Select a course from Cal-GETC Area 4 from a different discipline than the previously completed Cal-GETC Area 4 course.

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