Kinesiology AA-T Degree

FULL TIME

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: 2026-27

GE Pattern: Cal-GETC

Total Units: 60

First Year

Semester 1

14 Units

CAT.	COURSE	UNIT	PREREQUISITES	GE AREA
Req	KINES 300 Introduction to Kinesiology	3		
RE	STAT C1000 Introduction to Probability and Statistics **or** STAT C1000H[H] Introduction to Probability and Statistics - Honors	4 4		2
RE	FITNS 380[1] Circuit Weight Training	1		
GE	ENGL C1000 College Composition **or** ENGL C1000H[H] Honors College Composition	3 3		1A
Elec	any transferable elective course	3		

Semester 2

15 Units

CAT.	COURSE	UNIT	PREREQUISITES	GE AREA
RE	CHEM 305 Introduction to Chemistry	5		5A
RE	PACT 390[1] Tennis I	1		
GE	any Area 1B (Critical Thinking and Composition) course	3		1B
GE	any Area 3A (Arts) course	3		3A
Elec	any transferable elective course	3		

Second Year

Semester 3

15 Units

CAT.	COURSE	UNIT	PREREQUISITES	GE AREA
Req	BIOL 430 Anatomy and Physiology	5	CHEM 305, 309 or 400	5B, 5C

TRANSFER PATH

Potential Transfer Majors:

- Kinesiology B.S.

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

Advising Notes:

- Many universities require students to take their entire biology series at the same institution. See a counselor for more information about this requirement.
- This map is designed for students who are able to take 12 units or more each semester, which is considered a full-time

CAT.	COURSE	UNIT	PREREQUISITES	GE AREA
RE	TMACT 300[1] Soccer, Indoor	1		
GE	any Area 1C (Oral Communication) course	3		1C
GE	any Area 3B (Humanities) course	3		3B
GE	any Area 4 (Social & Behavioral Sciences) course (from 2 academic disciplines)	3		4

Semester 4

16 Units

CAT.	COURSE	UNIT	PREREQUISITES	GE AREA
Req	BIOL 431 Anatomy and Physiology	5	BIOL 430	
GE	any Area 4 (Social & Behavioral Sciences) course (from 2 academic disciplines)	3		4
GE	any Area 6 (Ethnic Studies) course	3		6
Elec	any transferable elective course	3		
Elec	any transferable elective course	2		

[1]These are examples of courses that can be used for this degree. See the catalog for the other options.

EXPLANATION OF CATEGORIES		
Req	Required Core	A course that is required for this program
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
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

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load. It shows one possible way to finish the program in two years. See a counselor to adjust the coursework to meet your specific needs.

- 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:

- See ASSIST.ORG for the transfer requirements of the institution to which you plan to transfer.
- 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.