



Kinesiology AA-T Degree

Associate Degree for Transfer (ADT) - A Degree with a guarantee: This program map represents one possible path for completing this program. **Please see a counselor** to create an education plan that is customized to meet your needs. This path is not a guarantee of course availability or financial aid applicability.

Catalog: 2026-27

GE Pattern: Cal-GETC

Total Units: 60-61

First Year

Semester 1

16 Units

CAT.	COURSE	TITLE	UNIT	CAL-GETC
Maj	KINES 300	Introduction to Kinesiology	3	
GE		Arts	3	Cal-GETC Area 3A
Elec	HEED 300*	Health Science	3	
Maj	STAT C1000** / C1000H	Introduction to Probability and Statistics	4	Cal-GETC Area 2
Elec	INDIS 313*** / HCD 310	Elective	3	

*Elective - HEED 300 is strongly recommended by the Kinesiology department as a required elective. Students can choose to take any elective course 300-499.

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

***First-time college students who would like to participate in First-Year Experience (FYE) should take INDIS 313. All other students can take HCD 310 or speak with a counselor regarding their choices.

Semester 2

15-16 Units

CAT.	COURSE	TITLE	UNIT	CAL-GETC
ME		*Major Elective	1	
ME	CHEM 305 ⁺ / 309 ⁺ / 400 ⁺	Introduction to Chemistry	5	Cal-GETC Area 5A/Cal-GETC Area 5C
GE	ENGL C1000** / 488 ^H / ESLW 340	Academic Reading & Writing	3-4	Cal-GETC Area 1A

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.

ADT Requirements

Transfer degrees require the following:

1. Complete all required courses for a major with a grade of "C" or better.
2. Complete 60 CSU-transferable units. A

CAT.	COURSE	TITLE	UNIT	CAL-GETC
GE		Social & Behavioral Sciences	3	Cal-GETC Area 4
GE		Oral Communication	3	Cal-GETC Area 1C

*Major Elective. Choose one course from one area (Aquatic, Fitness, Individual Sports, Team Sports). **See list in Semester 4.**

+Prerequisite for CHEM 305 & 309: 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 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 e-Services account), you will need to take ENGL 80/ENGL C1000 combo course.

Second Year

Semester 3

15 Units

CAT.	COURSE	TITLE	UNIT	CAL-GETC
Maj	BIOL 430 +	Anatomy and Physiology	5	Cal-GETC Area 5B
ME		*Major Elective	1	
GE		Ethnic Studies	3	Cal-GETC Area 6
GE		**Social & Behavioral Sciences	3	Cal-GETC Area 4
GE		Critical Thinking & Composition	3	Cal-GETC Area 1B

+Prerequisite for BIOL 430: CHEM 305, 309 or 400 with a "C" grade or better

*Major Elective. Choose one course from an area not already completed in a previous semester. (Aquatic, Fitness, Individual Sports, Team Sports). **See list in Semester 4.**

minimum of 12 units must be completed within the Los Rios Community College District.

3. Completion of the California a General Education Transfer Curriculum (Cal-GETC). Areas 1 through 6 completed with a grade of "C" or better.

Placement information

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

Counselor Notes

- All AA-Ts and AS-Ts are designed to transfer to CSUs in most majors. Students who wish to transfer to a UC are strongly encouraged to meet with a counselor to determine additional major requirements.
- Math – you may have other options for transfer level math; check with your counselor.
- 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.**

Degree Notes

This map directs students to take CHEM 305 or 309 or 400 and STAT C1000 for the major elective requiring 6 units due to prerequisites and general education requirements. Meet with your counselor to discuss other options.

****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.**

Semester 4

14 Units

CAT.	COURSE	TITLE	UNIT	CAL-GETC
Maj	BIOL 431 +	Anatomy and Physiology	5	
ME		*Major Elective	1	
GE		Humanities	3	Cal-GETC Area 3B
Elec		**Elective	3	
Elec		**Elective	2	

+Prerequisite for BIOL 431: BIOL 430 with a grade of "C" or better

*Major Elective. Choose one course from an area not already completed in a previous semester. (Aquatic, Fitness, Individual Sports, Team Sports). **See list below.**

Electives may include any courses numbered 300-499. **Meet with a counselor to discuss potential elective course options.

Select one course maximum from three of the following areas for a total of 3 units:

Aquatics: FITNS 440, FITNS 441+, FITNS 442+, FITNS 443+

+Prerequisite for FITNS 441: Students must demonstrate comfort and confidence in the water and in their ability to safely complete 25 yards of freestyle stroke.

+Prerequisite for FITNS 442: Students must demonstrate comfort and confidence in the water and in their ability to safely complete 50 yards of freestyle stroke.

+Prerequisite for FITNS 443: Students must demonstrate comfort and confidence in the water, and in their ability to safely complete 100 yards of freestyle.

Fitness: FITNS 306, FITNS 307, FITNS 321, FITNS 324, FITNS 326+, FITNS 331, FITNS 336, FITNS 343, FITNS 344, FITNS 356, FITNS 381, FITNS 383, FITNS 390, FITNS 401, FITNS 402, FITNS 412

+Prerequisite for FITNS 326: FITNS 324 (Mat Pilates) with a grade of "C" or better. Students will be allowed enrollment in this course by completing a pre-test, which includes satisfactory demonstration of 1st level Pilates exercises.

Individual Sports: PACT 330, PACT 350, PACT 351+, PACT 390, PACT 391, PACT 410

Important Links

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

+Prerequisite for PACT 351: PACT 350 with a grade of "C" or better; or equivalent

Team Sports: TMACT 302, TMACT 303, TMACT 304, TMACT 320, TMACT 321, TMACT 322, TMACT 330, TMACT 331+, TMACT 333+, TMACT 340

+Prerequisite for TMACT 331: TMACT 330 (Volleyball I) or equivalent skills demonstrated through an assessment process with the instructor

+Prerequisite for TMACT 333: TMACT 331 (Volleyball II) or equivalent skills demonstrated through an assessment process with the instructor

Published July 23, 2026