



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: 2026-27

Total Units: 60-61

First Year

Semester 1

16 Units

CAT.	COURSE	TITLE	UNIT	GE AREA
Maj	KINES 300	Introduction to Kinesiology	3	
Maj	STAT C1000* / C1000H	Introduction to Probability and Statistics	4	Cal-GETC Area 2
GE		Humanities	3	Cal-GETC Area 3B
GE		Social and Behavioral Sciences	3	Cal-GETC Area 4
Elec	INDIS 313** / HCD 310	Elective	3	

*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	GE AREA
ME	CHEM 305+ / 400+	Introduction to Chemistry	5	Cal-GETC Area 5A
ME		*Major Elective (1)	3	
ME		**Major Elective (2)	1	
Maj	HEED 300	Health Science	3	

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**

CAT.	COURSE	TITLE	UNIT	GE AREA
GE	ENGL C1000 *** / 488 ^H / ESLW 340	Academic Reading and Writing	3-4	Cal-GETC Area 1A

+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 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

*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+

+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.

+Prerequisite for FITNS 372: FITNS 371 with a Pass grade

+Prerequisite for FITNS 373: FITNS 371 (Life Fitness Center Training) and 372 (Life Fitness Strength Training) with Pass grades

+Prerequisite for FITNS 374: FITNS 371, 372, and 373

+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.

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 a 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.

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](#)

+Prerequisite for FITNS 444: Students must demonstrate comfort and confidence in the water and in their ability to safely complete 100 yards of freestyle with stroke and breathing proficiency.

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

+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

+Prerequisite for TMACT 341: KINES 352 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 ENGL 80/ENGL C1000 combo course.

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		Ethnic Studies	3	Cal-GETC Area 6		

+Prerequisite for BIOL 430: 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+

+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.

+Prerequisite for FITNS 372: FITNS 371 with a Pass grade

+Prerequisite for FITNS 373: FITNS 371 (Life Fitness Center Training) and 372 (Life Fitness Strength Training) with Pass grades

+Prerequisite for FITNS 374: FITNS 371, 372, and 373

+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.

+Prerequisite for FITNS 444: Students must demonstrate comfort and confidence in the water and in their ability to safely complete 100 yards of freestyle with stroke and breathing proficiency.

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

+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

+Prerequisite for TMACT 341: KINES 352 with a grade of "C" or better

Semester 4

14 Units

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

+Prerequisite for BIOL 431: BIOL 430 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+

+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.

+Prerequisite for FITNS 372: FITNS 371 with a Pass grade

+Prerequisite for FITNS 373: FITNS 371 (Life Fitness Center Training) and 372 (Life Fitness Strength Training) with Pass grades

+Prerequisite for FITNS 374: FITNS 371, 372, and 373

+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.

+Prerequisite for FITNS 444: Students must demonstrate comfort and confidence in the water and in their ability to safely complete 100 yards of freestyle with stroke and breathing proficiency.

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

+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

+Prerequisite for TMACT 341: KINES 352 with a grade of "C" or better

****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. **Meet with a counselor to discuss potential elective course options.**