



Kinesiology AA-T Degree

This program is for students interested in the field of Kinesiology and the theoretical aspects of sports activity. It is designed for students who plan to transfer to a campus in the California State University (CSU) system. Other than the required core, the courses you choose to complete will depend to some extent on the selected CSU for transfer.

Total Units: 60-62

First Year

Semester 1

15-16 Units

COURSE	UNITS	PRE-REQS [^]	SEMESTERS OFFERED*	GE AREA
KINES 300 Introduction to Kinesiology	3		F(O), S(O), Su(O)	
STAT C1000E Introduction to Statistics or	4	Intermediate Algebra or the equivalent	F, S, Su	Cal-GETC Area 2
PSYC 330 Introductory Statistics for the Behavioral Sciences	3	Intermediate Algebra or the equivalent	F, S	Cal-GETC Area 2
CalGETC Area 1A-English Composition	3	Recommend meeting with a counselor	F, S, Su	Cal-GETC Area 1A
CalGETC Area 1C-Oral Communication	3		F, S, Su	Cal-GETC Area 1C
Any Transferable Elective¹	3		F, S, Su	

¹ Suggestion-HEED 300 Health Science (3 units); F(O), S(O), Su(O); or NUTRI 300 Nutrition (3 units). Units needed to total 60 units for graduation. Refer to [Course Number](#) for the appropriate course level necessary for the degree.

Semester 2

14-15 Units

Career Options/Outlook:

Career opportunities in the field of Kinesiology are growing faster than average for all occupations.

Career opportunities require more than an associate degree.

A sample of reported job titles:

Athletic Trainer, Personal Trainer, Strength and Conditioning Coach, Physical Education Teacher, Sport Coach, Health and Wellness Coach, Health and Fitness Director, Clinical Exercise Physiologist, Occupational Therapist, Occupational Therapist Assistant, Physical Therapist, Physical Therapist Assistant, Clinical Exercise Specialist, Cardiac Rehabilitation Program Director, Coordinator of Cardiopulmonary Services, Therapeutic Recreation Specialist, Sport Management.

Projected job openings nationally (2021-2031):

1,700

COURSE	UNITS	PRE-REQS [^]	SEMESTERS OFFERED*	GE AREA
CHEM 305¹ Introduction to Chemistry or	5	Elementary Algebra or higher	F, S, Su	Cal-GETC Area 5A & 5C
PHYS 350 General Physics	4	Pre-Req: MATH 335	F, S	Cal-GETC Area 5A & 5C
1 unit from List A	1	See List A	See List A	
CalGETC Area 1B-Critical Thinking	3		F, S, Su	Cal-GETC Area 1B
CalGETC Area 6-Ethnic Studies	3		F, S, Su	Cal-GETC Area 6
Any transferable elective²	3			

¹ Recommended.

² Units needed to total 60 units for graduation. Refer to [Course Number](#) for the appropriate course level necessary for the degree.

Year 2

Semester 3

15 Units

COURSE	UNITS	PRE-REQS [^]	SEMESTERS OFFERED*	GE AREA
BIOL 430 Anatomy and Physiology	5	CHEM 305, 309 or 400	F, S, Su	Cal-GETC Area 5B & 5C
1 unit from List A	1	See List A	See List A	
CalGETC Area 3B-Humanities	3		F, S, Su	
CalGETC Area 4-Social & Behavioral Sciences¹	3		F, S, Su	Cal-GETC Area 4
Any Transferable Elective²	3		F, S, Su	

¹ Suggestion-KINES 308 Women in Sport. A total of 6 units from 2 disciplines is required to meet IGETC Area 4.

Projected growth in nationally (2021-2031):

8%-21% based on the specific job

Median Salary in California with advanced degree (2021):

Kinesiologist salary range in California \$88,914-\$108,043, depending on the specific job.

Source:

<https://data.bls.gov/search/query/results?cx=013738036195919377644%3A6ih0hfrgl50&q=Kinesiologist+inurl%3Abls.gov%2Ffoo%2F>

Transfer notes:

Please meet with a counselor for specific transfer course evaluation or transferring to a specific 4-year institution.

General Education (GE):

Non-specified GE courses identified by CRC or Cal-GETC Area without pre- or co-requisites can be taken at any semester.

This program map also meets the requirement for

the AA degree in Physical Education.

Honors option:

² Units needed to total 60 units for graduation. Refer to [Course Number](#) for the appropriate course level necessary for the degree.

Semester 4

16 Units

COURSE	UNITS	PRE-REQS [^]	SEMESTERS OFFERED*	GE AREA
BIOL 431 Anatomy and Physiology	5	BIOL 430	F, S	Cal-GETC Area 5B & 5C
1 unit from List A	1	See List A	See List A	
CalGETC Area 3A-Arts¹	3		F, S, Su	Cal-GETC Area 3A
CalGETC Area 4-Social & Behavioral Sciences²	3		F, S, Su	Cal-GETC Area 4
Any Transferable Elective³	1		F, S, Su	
Any Transferable Elective³	3		F, S, Su	

[^]You must have passed the prerequisite course(s) with a "C" or better; Corequisite must be taken during the same semester; Advisory means it is recommended but not required to enroll in the course.

*(O) = online available (P) = partially online

¹ Suggestion-DANCE 386 Dance History (3 units), F, S

² A total of 6 units from 2 disciplines are required to meet IGETC Area 4.

³ Units needed to total 60 units for graduation. Refer to [Course Number](#) for the appropriate course level necessary for the degree.

List A-a minimum of 3 units from the following:

COURSE	UNITS	PRE-REQS [^]	SEMESTERS OFFERED*	GE AREA
FITNS 380 Circuit Weight Training	1		F, S	
FITNS 381 Weight Training	0.5-1		F, S, Su	
FITNS 390 Basic Yoga	1		F, S, Su	

The CRC Honors Program is designed specifically for academically accomplished students and for students with the potential for high achievement. Students who complete 15 units or more in honors-designated courses will earn special recognition as an Honors Scholar, a distinction that may entitle the student to guaranteed transfer and scholarship opportunities at select transfer colleges and universities

About this program map:

This program map represents one possible pathway to complete the program. Please see a counselor to create an education plan customized to meet your needs. This map is not a guarantee of course availability or financial aid applicability.

Zero Textbook Costs (ZTC):

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.

COURSE	UNITS	PRE-REQS^	SEMESTERS OFFERED*	GE AREA
FITNS 406 Running I	1		F, S, Su	
FITNS 440 Swimming I	1		F, S, Su	
PACT 310 Badminton I	1		F, S	
Soccer - Outdoor	1		Check Class Schedule for offering	
TMACT 320 Basketball	1		F, S	
TMACT 330 Volleyball	1		F, S	
FITNS 306 Aerobics: Cardio-Kickboxing	1		F, S	
FITNS 320 Body Fitness	1		F, S	
Core Conditioning II: Fitness Ball	1		F, S	
FITNS 324 Mat Pilates	1		F, S, Su	
FITNS 326 Mat Pilates II	1		F, S, Su	
FITNS 328 Core Conditioning III: Thighs, Abs, Glutes	1		F, S	
FITNS 348 High-Intensity Interval Training	1		F, S	
FITNS 352 Core Conditioning IV: Power Sculpting	1		F, S	
FITNS 384 Weight Training II	1		F, S, Su	
FITNS 393 Yoga II	1		F, S, Su	
FITNS 401 Walking I	0.5-1		F, S, Su	
FITNS 407 Walking II	0.5-1		F, S, Su	

COURSE	UNITS	PRE-REQS^	SEMESTERS OFFERED*	GE AREA
FITNS 441 Swimming II	1	Comfort in shallow water	F, S, Su	
PACT 311 Badminton II	1		F, S	
PACT 381 Table Tennis I	1		F, S	
PACT 390 Tennis I	1		F, S	
PACT 391 Tennis II	1		F, S	
PACT 430 Pickleball I	1		F, S	
PACT 431 Pickleball II	1		F, S	
TMACT 300 Soccer, Indoor	1		F, S	
TMACT 301 Indoor Soccer II	1		F, S	
Outdoor Soccer II	1		Check Class Schedule for offering	
TMACT 321 Basketball II	1		F, S	
TMACT 331 Volleyball II	1		F, S	

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