

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. For counseling appointments call 916.608.6510.

FIRST YEAR

Semester 1:

14 units

CAT.	COURSE	TITLE		GE AREA
Req	KINES 300	Introduction to Kinesiology	3	E
Req		Physical Education Elective: See List on Page 2	1	
GE	ENGWR 300	College Composition	3	A2
Req	STAT 300	Introduction to Probability and Statistics	4	
GE		Arts	3	C1

Semester 2:

15 units

Req	CHEM 305* or CHEM 400*	Introduction to Chemistry or General Chemistry I	5	B1/B3
Req		Physical Education Elective: See List on Page 2	1	
GE		Critical Thinking	3	A3
GE		Humanities	3	C2
Elec		Transferable Elective	3	

* This course has a prerequisite or corequisite course.

Notes:

- See General Education requirements for: [CSU](#) or [UC](#)
- See [ASSIST.ORG](#) for the transfer requirements for the institution to which you plan to transfer.
- A transferable elective is defined as any class with a course number between 300 and 499. Electives may vary for the [CSU](#) and [UC](#) systems.
- U.S. History/American Ideals is a graduation requirement for all CSUs.
- Foreign Language may be required for CSU Sacramento IF student did not complete 3 years in high school. This requirement may vary at different colleges.
- Some English and Math courses have support courses (co-requisites). See your assessment results for more details.

EXPLANATION OF CATEGORIES

Req	Required Core	A course that is required for this degree
GE	General Education	A course that fulfills a specific general education requirement for this degree, which can be replaced with another course that meets the same requirement
Elec	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



SECOND YEAR

Semester 3:

15 units

CAT.	COURSE	TITLE	UNITS	GE AREA
Req	BIOL 430*	Anatomy & Physiology	5	B2
Req		Physical Education Elective: See List	1	
GE		Oral Communication	3	A1
GE		US History/American Ideals	3	F/D
Elec		Transferable Elective	3	

Semester 4:

16 units

Req	BIOL 431*	Anatomy & Physiology	5	
GE		Arts or Humanities	3	C1/C2
GE		US History/American Ideals	3	F/D
GE		Social Science	3	D
Elec		Transferable Elective	2-3	

* This course has a prerequisite or corequisite course.

Physical Education Elective List:

Select three courses, each from a different category listed below: A minimum of 3 units from the following:

Combatives:

- FITNS 410: Karate I (1 unit)
- FITNS 411: Karate II (1 unit)
- FITNS 414: Tai Chi (1 unit)

Fitness:

- FITNS 304: Cardio Circuit (1 unit)
- FITNS 306: Aerobics: Cardio-Kickboxing (1 unit)
- FITNS 307: Aerobic Mix (1 unit)
- FITNS 324: Mat Pilates (1 unit)
- FITNS 331: Boot Camp Fitness (1 unit)
- FITNS 352: Power Sculpting (1 unit)
- FITNS 380: Circuit Weight Training (1 unit)
- FITNS 381: Weight Training (1 unit)
- FITNS 387: Weight Training for Speed, Agility, I(1 unit)
- FITNS 388: Weight Training for Speed, Agility, II (1 unit)
- FITNS 392: Yoga (1 unit)
- FITNS 395: Stretch (1 unit)

Dance:

- DANCE 310: Jazz Dance I (1 unit)
- DANCE 312: Jazz Dance II (1 unit)
- DANCE 320: Ballet I (1 unit)
- DANCE 321: Ballet II (1 unit)
- DANCE 330: Modern Dance I (1 unit)
- DANCE 332: Modern Dance II (1 unit)
- DANCE 351: Urban Hip Hop I (1 unit)
- DANCE 352: Urban Hip Hop II (1 unit)

Individual Sports:

- PACT 300: Archery I (1 unit)
- PACT 310: Badminton I (1 unit)
- PACT 311: Badminton II (1 unit)
- PACT 390: Tennis I (1 unit)
- PACT 391: Tennis II (1 unit)

Team Sports:

- TMACT 302: Soccer - Outdoor (1 unit)
- TMACT 303: Outdoor Soccer II (1 unit)
- TMACT 305: Futsal I (1 unit)
- TMACT 306: Futsal II (1 unit)
- TMACT 321: Basketball II (1 unit)

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