# Kinesiology AA-T degree

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

<table>
<thead>
<tr>
<th>CAT.</th>
<th>COURSE</th>
<th>TITLE</th>
<th>GE AREA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Req</td>
<td>KINES 300</td>
<td>Introduction to Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>Req</td>
<td>Physical Education Elective: See List on Page 2</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>GE</td>
<td>ENGWR 300</td>
<td>College Composition</td>
<td>3</td>
</tr>
<tr>
<td>Req</td>
<td>STAT 300</td>
<td>Introduction to Probability and Statistics</td>
<td>4</td>
</tr>
<tr>
<td>GE</td>
<td>Arts</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

### Semester 2: 15 units

<table>
<thead>
<tr>
<th>CAT.</th>
<th>COURSE</th>
<th>TITLE</th>
<th>GE AREA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Req</td>
<td>CHEM 305* or CHEM 400*</td>
<td>Introduction to Chemistry or General Chemistry I</td>
<td>5</td>
</tr>
<tr>
<td>Req</td>
<td>Physical Education Elective: See List on Page 2</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>GE</td>
<td>Critical Thinking</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>GE</td>
<td>Humanities</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>Elec</td>
<td>Transferable Elective</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

*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

<table>
<thead>
<tr>
<th>CAT.</th>
<th>COURSE</th>
<th>TITLE</th>
<th>GE AREA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Req</td>
<td>BIOL 430*</td>
<td>Anatomy &amp; Physiology</td>
<td>5 B2</td>
</tr>
<tr>
<td>Req</td>
<td></td>
<td>Physical Education Elective: See List</td>
<td>1</td>
</tr>
<tr>
<td>GE</td>
<td></td>
<td>Oral Communication</td>
<td>3 A1</td>
</tr>
<tr>
<td>GE</td>
<td></td>
<td>US History/American Ideals</td>
<td>3 F/D</td>
</tr>
<tr>
<td>Elec</td>
<td></td>
<td>Transferable Elective</td>
<td>3</td>
</tr>
</tbody>
</table>

### Semester 4: 16 units

<table>
<thead>
<tr>
<th>CAT.</th>
<th>COURSE</th>
<th>TITLE</th>
<th>GE AREA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Req</td>
<td>BIOL 431*</td>
<td>Anatomy &amp; Physiology</td>
<td>5</td>
</tr>
<tr>
<td>GE</td>
<td></td>
<td>Arts or Humanities</td>
<td>3 C1/C2</td>
</tr>
<tr>
<td>GE</td>
<td></td>
<td>US History/American Ideals</td>
<td>3 F/D</td>
</tr>
<tr>
<td>GE</td>
<td></td>
<td>Social Science</td>
<td>3 D</td>
</tr>
<tr>
<td>Elec</td>
<td></td>
<td>Transferable Elective</td>
<td>2-3</td>
</tr>
</tbody>
</table>

* 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)

### 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)

### 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)

### 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)

---

**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

---

Not quite ready for this path? See a counselor.