

This worksheet is a guideline for this major. Please meet with a counselor to review your educational plan, transfer goals, and graduation requirements.

Major Requirement

Need	In Progress	Complete	UNITS	COURSE #	COURSE NAME	EQUIVALENT/SUBSTITUTE
			3	KINES 100	Introduction to Kinesiology	
			5	BIOSC 040	Human Anatomy	
			5	BIOSC 045	Human Physiology	

Movement Based Courses – (3 Units) - Select one course from any three of the following areas

Combative						
			1	KNACT 033	Cardio Kickboxing	

Dance						
			1	KNDAN 053	Beginning Jazz Dance	

Fitness						
			1	KNACT 004A, 008A, 010A, 057A		

Individual Sports						
			1	KNACT 030, 042		

Team Sports						
			1	KNACT 014A, 026A, 046A		

List A: select Two (2) of the Following: (8-9 Units)

			4 - 5	MATH 110, BIOSC 010, CHEM 007 or 025, PHYS 015 or 035		
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24 - 25 Units in the Major

CSU General Education Breadth Requirements Course Recommendations

Need	In Progress	Complete	UNITS	AREA	REQUIRED	RECOMMENDED COURSE	EQUIVALENT/ALTERNATE
			3	A-1	1	SPCH 110, 120	
			3	A-2	1	ENGL 100	
			3	A-3	1	ENGL 220, 221, 230, PHIL 110, 210, SPCH 120	
			4 - 5	B-1	1	CHEM 007, 025, PHYS 015, 035	
			4	B-2	1	BIOSC 010*	Satisfied by major requirement
				B-3	1	BIOSC 010*, CHEM 007, 025, PHYS 015, 035	Satisfied by major requirement
			4	B-4	1	MATH 110*	Satisfied by major requirement
			3	C-1	1	ART 005, 006, 007, 008, 009, 035, DRAMA 015, 016, 025, 070, 072, HUMAN 035, MUSIC 010, 012, 015, 017, SPAN 060	
			3-5	C-2	1	ART 016, 017, 018, CHIN 030, 040, DRAMA 030, ENGL 113, 114, 124, 127, 128, 129, 132, 133, 140, 145, 150, 205, 210, 211, 230, 231, FRNCH 060, 061, HIST 029, 030, 031, 033, 034, 035, 038, 039, 040, 046, 047, 052, 055, 056, 057, 060, 061, HUMAN 019, 020, 021, 022, 024, 030, 050, ITAL 060, 061, PHIL 100, 120, 122, 130, 132, 133, 140, 150, 151, POLSC 133, SIGN 050, 051, 052, SPAN 049, 050, 051, 052, 053	
			3-5	C-1 or C-2	1 Add'l	See C-1 and C-2 Above	
			3	D	1	ADJUS 110, 160, 220, ANTHR 004, 005, 006, 00, 008, CHDEV 010, 020, 050, ECON 005, 010, 011, ENGL 110, 135, 136, HIST 029, 030, 031, 033, 034, 035, 038, 039, 040, 046, 047, 052, 055, 056, 057, 060, 061, JOURN 100, POLSC 010, 040, 043, 050, 060, 133, PSYCH 010, 011, 014, 017, SOCIO 015, 016, 017, SOCSO 045, 110, 135, 136, 150, SPCH 130, 150	
			3	D	1	POLSC 010, 040 or 060	
			3	D	1	ECON 005, HIST 029, 030, 046, 047, 052, 056, 057, 060, 061	
			3	E	1	ACS 010, ANTHR 007, BIOSC 005, CHDEV 010, COUNS 036, KINES 100, PSYCH 014, SOCIO 012	
					1	POLSC 010 or 040 and 060	
					1	ECON 005, HIST 029, 030, 038, 046, 047, 052, 056, 057, 060, 061	

40 - 44 Units of General Education

Recommended Electives

Need	In Progress	Complete	UNITS	COURSE #	COURSE NAME	EQUIVALENT/SUBSTITUTE
Select a minimum of 3 - 8 Units:						
			3	KINES 105	CPR/First Aid	

3 - 8 units of elective courses needed to meet the 60 transferrable unit requirement

*These courses are recommended for the Kinesiology major.

Group A & B courses satisfy 2 of the area D requirements, but the units do not double count

CSU Degree Pathways for Kinesiology for Transfer AAT

Bakersfield	Kinesiology	Applied Exercise Science, Physical Activity Leadership
Chico	Exercise Physiology	Exercise Physiology - General
Chico	Kinesiology	Movement Studies, Physical Education Teacher Education
Dominguez Hills	Physical Education	Fitness Director
East Bay	Kinesiology	Kinesiology - General
Fresno	Kinesiology	Exercise Science, Physical Education
Fullerton	Kinesiology	"Recreation, Fitness and Health Promotion", Exercise Science, Gerokinesiology, Kinesiology – General, Sport Studies, Strength and Conditioning, Teacher Education
Humboldt	Kinesiology	Physical Education Teaching
Long Beach	Kinesiology	Sport Psychology and Leadership
Los Angeles	Kinesiology	Community Leadership of Physical Activity, Exercise and Human Performance, Rehabilitation and Therapeutic Exercise, Subject Matter Preparation for Single Subject Teaching Credential
Monterey Bay	Kinesiology	Exercise Science, Wellness
Northridge	Kinesiology	Dance, Sport Studie
Sacramento	Kinesiology	Physical Education
San Bernardino	Kinesiology	Exercise Science, Pedagogy
San Diego	Kinesiology	Exercise Science Generalist (AA-T only)
San Francisco	Kinesiology	Exercise and Movement Sciences
San Jose	Humanities	Liberal Arts
San Jose	Kinesiology	Kinesiology
Stanislaus	Kinesiology	Exercise Science, General, Health Promotion