***Kinesiology:*** *Associate in Science for Transfer*

*CSU*

The discipline of kinesiology is dedicated to the study of human movement and physical activity as it relates to health, society, and quality of life. Our field is designed to prepare students with the necessary knowledge and skills to analyze movement and develop a comprehensive physical fitness program.

***Please see a Pathways Counselor:*** Create an education plan customized to meet your needs. [Contact a Counselor](https://www.msjc.edu/hub/)

Transfer Majors/Award Focus

* Kinesiology A.A-T CSUSM
* Kinesiology A.A-T CSU
* Physical Education, A.A.

GE Pattern/Units

* GE Pattern: Option B
* Total Units: 60

**Program maps** indicate the major coursework and recommended general education courses to fulfill your degree in 2 years (approximately 15 units/semester or 30 units/year). If you are a part-time student, start Semester 1 courses and follow the course sequence. Some of the courses listed may be substituted by another course. Please view these options in the official course [catalog](https://catalog.msjc.edu/instructional-programs/).

***Semester 1 16 Units***

|  |  |  |  |
| --- | --- | --- | --- |
| ✔ | COURSE | TITLE | UNIT |
| ⬜ | ENGL-101 | College Composition  | 4 |
| ⬜ | COMM-100 | Public Speaking | 3 |
| ⬜ | MATH-140 | Introduction to Statistics  | 3 |
| ⬜ | CSCR-100 | College Success and Career Readiness  | 3 |
| ⬜ | PE-195 | Introduction to Kinesiology | 3 |

***Semester 2 14 Units***

|  |  |  |  |
| --- | --- | --- | --- |
| ✔ | COURSE | TITLE | UNIT |
| ⬜ | CHEM 101 orCHEM 107 | General Chemistry I orChemistry of Life | 5 |
| ⬜ | ENGL-103 orPHIL-112 | Critical Thinking and Writing or Critical Thinking and Composition | 3 |
| ⬜ | AREA 61 | Team Sports | 1 |
| ⬜ | AREA 42 | Fitness | 1 |
| ⬜ | BIOL-100 orBIOL-115 | Human Biology orTopics in Biology | 4 |

Additional Course Options:

*1PE 133, 134, 137*

*2PE 112, 112A, 113, 114A, 114B, 114C, 119, 119B, 120*

Career Options

Health Education Teacher (B)

Exercise Physiologist (B, M)

Health & Fitness rehabilitation & Medicine Athletic Trainer (B)

Physical Therapist (D)

Find more careers: [msjc.emsicc.com](http://msjc.emsicc.com)

Required Education: SM: some college; C: Certificate; A: Associate, B: Bachelor’s, M: Master’s; D: Doctorate

Financial Aid

Financial aid is determined by the number of credit hours you take in a semester. Maximize your financial aid by taking 12-15 units per semester.

***Semester 3 14 Units***

|  |  |  |  |
| --- | --- | --- | --- |
| ✔ | COURSE | TITLE | UNIT |
| ⬜ | DAN-100 | History and Appreciation of Dance | 3 |
| ⬜ | PS-101 | Introduction to American Government and Politics | 3 |
| ⬜ | ANAT-101 | Human Anatomy & Physiology I | 4 |
| ⬜ | DAN 1201 | Conditioning and Alignment for Dance | 1 |
| ⬜ | HIST-111 or HIST-112 | U.S. History to 1877 orU.S. History Since 1865 | 3 |

Additional Course Options:

*1 orDAN 121A, 122A, 123A, 124, 126A, 129, 131A, 131B, PE132*

***Semester 4 16 Units***

|  |  |  |  |
| --- | --- | --- | --- |
| ✔ | COURSE | TITLE | UNIT |
| ⬜ | ANAT-102 | Human Anatomy & Physiology II | 4 |
| ⬜ | PHIL-101 | Introduction to Philosophy I | 3 |
| ⬜ | NUTR-100 | Family Nutrition | 3 |
| ⬜ | HIST-107 or HIST-108 | The History of East Asia Before 1600 or The History of East Asia Since 1600 | 3 |
| ⬜ | PS-103 orHIST-160 orLIT-275 orLIT-280 | Ethnic Politics in America orBlack History in the American Context orLatinx/Chicanx Literature orMultiethnic Literature | 3 |

Notes***:***

Major prep will change depending on the transfer institution. Please see a counselor for developing an accurate educational plan.

Work Experience

Sign up for a special project or internship opportunity. Gain [work experience](https://msjc.edu/careereducation/cwee/index.html) and earn credits.

Scheduling Notes

Physical Education courses are not always offered at all campuses every semester. Please check the schedule for the location of Physical Education courses prior to registration.

