

HEALTH & WELLNESS PATHWAY PROGRAM MAP: CATALOG YEAR: 2023-24



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: Transfer degrees require a minimum of 60 semester CSU transferable units or UC semester transferable units with a minimum 2.0 GPA overall. [Contact a Counselor](#) to create an education plan customized to meet your needs.

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](#).

Semester 1

16 Units

	COURSE	TITLE	UNIT
<input type="checkbox"/>	ENGL-101	College Composition	4
<input type="checkbox"/>	COMM-100	Public Speaking	3
<input type="checkbox"/>	MATH-140	Introduction to Statistics	3
<input type="checkbox"/>	CSCR-100	College Success and Career Readiness	3
<input type="checkbox"/>	PE-195	Introduction to Kinesiology	3

Semester 2

14 Units

	COURSE	TITLE	UNIT
<input type="checkbox"/>	CHEM 101 or CHEM 107	General Chemistry I or Chemistry of Life	5
<input type="checkbox"/>	ENGL-103 or PHIL-112	Critical Thinking and Writing or Critical Thinking and Composition	3
<input type="checkbox"/>	AREA 6 ¹	Team Sports or Combatives	1
<input type="checkbox"/>	AREA 4 ²	Fitness	1
<input type="checkbox"/>	BIOL-100 or BIOL-115	Human Biology or Topics in Biology	4

Additional Course Options:

¹PE 116, 133, 134, 137, 138

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 | Required Education: 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
<input type="checkbox"/>	DAN-100	History and Appreciation of Dance	3
<input type="checkbox"/>	PS-101	Introduction to American Government and Politics	3
<input type="checkbox"/>	ANAT-101	Human Anatomy & Physiology I	4
<input type="checkbox"/>	DAN 120 ¹	Conditioning and Alignment for Dance	1
<input type="checkbox"/>	HIST-111 or HIST-112	U.S. History to 1877 or U.S. History Since 1865	3

Additional Course Options:

¹ or DAN 121A, 122A, 123A, 124, 126A, 129, 131A, 131B, PE132, PE138

Semester 4

16 Units

	COURSE	TITLE	UNIT
<input type="checkbox"/>	ANAT-102	Human Anatomy & Physiology II	4
<input type="checkbox"/>	PHIL-101	Introduction to Philosophy I	3
<input type="checkbox"/>	NUTR-100	Family Nutrition	3
<input type="checkbox"/>	HIST-107 or HIST-108	The History of East Asia Before 1600 or The History of East Asia Since 1600	3
<input type="checkbox"/>	PS-103/ETHS-103 or HIST-160/ETHS-160 or LIT-275/ETHS-275 or LIT-280/ETHS-280	Ethnic Politics in America or Black History in the American Context or Latinx/Chicanx Literature or Multiethnic 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](#) 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.