



Kinesiology AA-T General Path and Physical Education AA (IGETC)

This program map indicates the major coursework and recommended general educational courses by term that are needed to fulfill your degree in two years if enrolled full-time (approximately 15 units per term). Program completion within this timeframe is dependent on your schedule availability and when courses are offered. Transfer requirements vary based on institution. Please see a Counselor to develop your educational plan and determine appropriate work/life/school balance.

START HERE

✓ MY CHECKLIST

SEMESTER 1	UNITS
KINLEC-2 Introduction to Athletic Training	3
KINLEC-18 Introduction to Kinesiology	3
KINLEC-16 First Aid	3
*ENGL-1A Composition	3
CHEM-10 Introductory Chemistry	4

TOTAL UNITS: 16

SEMESTER 2	UNITS
KINLEC-15 Diet and Fitness	3
BIOL-20 Human Anatomy	4
*STAT-10 Elementary Statistics	4
PS-1 American Politics	3
KINACT Class (max. one from each category)	1

TOTAL UNITS: 15

SEMESTER 3	UNITS
ENGL-1B Advanced Composition & Critical Thinking	3
BIOL-22 Human Physiology	4
COMSTD-2 Fundamentals of Effective Speaking	3
DANCE-1 Survey of Dance	3
KINACT Class (max. one from each category)	1

TOTAL UNITS: 14

SEMESTER 4	UNITS
KINLEC-24 Biomechanics	3
PSYCH-1 Introduction to Psychology	3
SOC-10 Introduction to Sociology	3
IGETC AREA 3B: Humanities	3
IGETC AREA 3A or 3B: Arts or Humanities	3
KINACT Class (max. one from each category)	1

TOTAL UNITS: 16

★ FINISHED! ★

COMPLETE AN EDUCATIONAL PLAN WITH A COUNSELOR

- Inform counselor of your area of interest: Teaching (PE), Coaching, Strength & Conditioning, Personal Trainer.
- GE substitutions should be based on transfer plans.

JOIN THE KINESIOLOGY CLUB

- This club is designed to support Kinesiology major students and prepare them for transfer, career preparation and networking.

EXPLORE CAREER PATHS

- Visit the American Kinesiology Association webpage to learn more about career paths: <http://americankinesiology.org>.

REVIEW MAJOR PREPARATION

- Declare an area of emphasis in Kinesiology and update your ed plan with a counselor.
- See a counselor to review transfer requirements.

START A TRANSFER CHECK

- Visit the Transfer Center and register for a university or campus tour.

APPLY FOR TRANSFER

- Attend the Transfer Fair, transfer workshops, and meet with university representatives.
- Complete your transfer applications.

COMPLETE A GRADUATION CHECK

- Visit a counselor or GPS Center for a graduation check.

INTERNSHIPS & SERVICE LEARNING

- Most areas in Kinesiology require a number of internship hours to be completed upon graduation.

APPLY FOR GRADUATION THROUGH THE PORTAL

UPDATE TRANSFER APPLICATIONS

- Submit required documents to the transfer institutions.

VISIT THE CAREER CENTER

- Go to the Career Center for job search strategies, resume assistance, and interview preparation.

*English and Mathematics placement relies on high school performance data. Direct placement into transfer-level English (ENGL 1A) and Mathematics (for quantitative reasoning) provides the most efficient path to a degree or certificate.