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

*CSUSM*

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: 64

**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). 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 17 Units***

|  |  |  |  |
| --- | --- | --- | --- |
| ✔ | COURSE | TITLE | UNIT |
| ⬜ | ENGL-101 | College Composition  | 4 |
| ⬜ | COMM-100 | Public Speaking | 3 |
| ⬜ | MATH-110 orMATH-140 | \*Pre-Calculus or Introduction to Statistics  | 4 or3 |
| ⬜ | CSCR-100 | College Success and Career Readiness  | 3 |
| ⬜ | PE-195 | Introduction to Kinesiology | 3 |

\*Which math course you should take depends on the Kinesiology chosen for CSUSM

***Semester 2 14 Units***

|  |  |  |  |
| --- | --- | --- | --- |
| ✔ | COURSE | TITLE | UNIT |
| ⬜ | PE-115 | First Aid and CPR | 3 |
| ⬜ | ENGL-103 orPHIL-112 | Critical Thinking and Writing orCritical Thinking and Composition | 3 |
| ⬜ | HIST-111 orHIST-112 | U.S. History to 1877 orU.S. History Since 1865 | 3 |
| ⬜ | AREA 61 | Team Sports | 1 |
| ⬜ | BIOL-100 | Human Biology | 4 |

Additional Course Options:

*1PE 133, 134, 137*

Career Options

Health Education Teacher K-12 (B)

Exercise Physiologist (B, M)

Athletic Trainer (B)

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.

***Summer 1 5 Units***

|  |  |  |  |
| --- | --- | --- | --- |
| ✔ | COURSE | TITLE | UNIT |
| ⬜ | CHEM-107 orCHEM-101 | Chemistry of Life orGeneral Chemistry I | 5 |

***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 |
| ⬜ | PSYC-101 | Introduction to Psychology | 3 |

Additional Course Options:

*1DAN 120, 121A, 122A, 123A, 124, 126A, 129, 131A, 131B, PE132*

***Semester 4 14 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 orHIST-108 | The History of East Asia Before 1600 orThe History of East Asia Since 1600 | 3 |
| ⬜ | AREA 41 | Fitness | 1 |

## Additional Course Options:

## *1PE 112, 112A, 113, 114A, 114B, 114C, 119, 119B, 120*

Notes***:***

Math/Chem/Phy will depend on Kines-emphasis in Movement Science or Health Science. Pre-Calc required for Movement Science.

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.

