***Physical Education:*** *Associate in Arts - Non-Transfer*

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 A
* 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). 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 15 Units***

|  |  |  |  |
| --- | --- | --- | --- |
| ✔ | COURSE | TITLE | UNIT |
| ⬜ | PE-115 | First Aid and CPR | 3 |
| ⬜ | ENGL-103 | Critical Thinking and Writing | 3 |
| ⬜ | HIST-112 | U.S. History Since 1865 | 3 |
| ⬜ | MAJOR1 | Choose three | 3 |
| ⬜ | NUTR-100 | Family Nutrition | 3 |

Additional Course Options:

*1 PE-112, PE-112A, PE-113, PE-114A, PE-114B, PE-114C, PE-119, PE-119B, PE-120, PE-132, PE-132B, PE-133, PE-134, PE-137, PEIC-139, PEIC-139A, PEIC-139B, PEIC-140, PEIC-140A, PEIC-140B, PEIC-141A, PEIC-141B, PEIC-141C, PEIC-141D, PEIC-142, PEIC-142A, PEIC-142B, PEIC-143A, PEIC-143B, PEIC-143C, PEIC-143D, PEIC-144, PEIC-144A, PEIC-144B, PEIC-145, PEIC-145A, PEIC-145B, PEIC-146, PEIC-146A, PEIC-146B, PEIC-147, PEIC-147A, PEIC-147B, PEIC-148, PEIC-148A, PEIC-150, PEIC-150A, PEIC-150B*

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.

***Semester 3 14 Units***

|  |  |  |  |
| --- | --- | --- | --- |
| ✔ | COURSE | TITLE | UNIT |
| ⬜ | DAN-100 | History and Appreciation of Dance | 3 |
| ⬜ | BIOL-100 | Human Biology | 4 |
| ⬜ | MAJOR1 | Choose four | 4 |
| ⬜ | PE-110 | Prevention and Care of Athletic Injuries | 3 |

Additional Course Options:

1 *PE-112, PE-112A, PE-113, PE-114A, PE-114B, PE-114C, PE-119, PE-119B, PE-120, PE-132, PE-132B, PE-133, PE-134, PE-137, PEIC-139, PEIC-139A, PEIC-139B, PEIC-140, PEIC-140A, PEIC-140B, PEIC-141A, PEIC-141B, PEIC-141C, PEIC-141D, PEIC-142, PEIC-142A, PEIC-142B, PEIC-143A, PEIC-143B, PEIC-143C, PEIC-143D, PEIC-144, PEIC-144A, PEIC-144B, PEIC-145, PEIC-145A, PEIC-145B, PEIC-146, PEIC-146A, PEIC-146B, PEIC-147, PEIC-147A, PEIC-147B, PEIC-148, PEIC-148A, PEIC-150, PEIC-150A, PEIC-150B*

***Semester 4 15 Units***

|  |  |  |  |
| --- | --- | --- | --- |
| ✔ | COURSE | TITLE | UNIT |
| ⬜ | PSYC-101 | Introduction to Psychology | 3 |
| ⬜ | MAJOR1 | Choose three | 3 |
| ⬜ | HS-121 | Fundamentals of Healthful Living | 3 |
| ⬜ | DIG-110 | Intro to Digital Media | 3 |
| ⬜ | PE-106 | Sports Officiating | 3 |

## Additional Course Options:

1 *PE-112, PE-112A, PE-113, PE-114A, PE-114B, PE-114C, PE-119, PE-119B, PE-120, PE-132, PE-132B, PE-133, PE-134, PE-137, PEIC-139, PEIC-139A, PEIC-139B, PEIC-140, PEIC-140A, PEIC-140B, PEIC-141A, PEIC-141B, PEIC-141C, PEIC-141D, PEIC-142, PEIC-142A, PEIC-142B, PEIC-143A, PEIC-143B, PEIC-143C, PEIC-143D, PEIC-144, PEIC-144A, PEIC-144B, PEIC-145, PEIC-145A, PEIC-145B, PEIC-146, PEIC-146A, PEIC-146B, PEIC-147, PEIC-147A, PEIC-147B, PEIC-148, PEIC-148A, PEIC-150, PEIC-150A, PEIC-150B*

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.

 