



KINESIOLOGY
ASSOCIATE IN SCIENCE DEGREE
 SAMPLE SEQUENCE MAP

This form is designed to be used in partnership with academic counselors. Modifications may be necessary to meet your goals. Seek assistance from an academic counselor each semester to stay on track to completion of major/certificate. There are 3 General Education patterns available. Not all courses on the map are offered every term. Consult the Catalog and the Schedule of Classes for more details

0 – 15 UNITS		Pre- or co-reqs	Credit	GE
Semester 1	Area IA: English Composition: ENGL 122 – First-Year College Composition and Reading	Placement	3	IA
	Area IC: Mathematics Comprehension: Recommend BUS 240, MATH 135 OR MATH 142	Placement - See counselor	3-5	IC
	Area IV: Social and Behavioral Sciences: Recommend PSYCH 101		3	IV
	HSCI 230 – Advanced First Aid		3	
	KINES 210 – Introduction to Kinesiology		3	
	Total		15	

16 – 30 UNITS		Pre- or co-reqs	Credit	GE
Semester 2	Area IB: Communications and Analytical Thinking		3	IB
	KINES 240 – Principles of Optimizing Human Performance		3	
	KINES 246 – Sports and Exercise Psychology		3	
	KINES 242 - Exercise Techniques and Fitness Assessments		1	
	KINES 234 – Introduction to Sports Medicine and Athletic Training		3	
	KINES 248 – Sport and Society		3	
	Total		16	

31 – 45 UNITS		Pre- or co-reqs	Credit	GE
Semester 3	Area III : Arts and Humanities :		3	III
	Major Applicable Elective: NUTRI 120 OR NUTRI 160	See catalog	3	
	Major Applicable Elective: Area of Emphasis	See catalog		
	Degree Applicable Elective	See counselor	.	
	Total		15	

46 – 60 UNITS		Pre- or co-reqs	Credit	GE
Semester 4	Area II: Natural Sciences: 3 Units Recommend from KNIES Catalog	See catalog	3	II
	Major Applicable Elective: Area of Emphasis	See catalog		
	Degree Applicable Elective	See counselor		
	Total		15	

Program total: 60