

## KINESIOLOGY – ASSOCIATE IN SCIENCE FOR TRANSFER

### SAMPLE SEQUENCE MAP

The Associate in Science for Transfer (AS-T) is designed to streamline transfer admission to the California State University (CSU) system. If you are considering transfer to a UC, private, out-of-state college, or a specific CSU campus, consult with a counselor regarding the transfer requirements of that institution. A personalized education plan is necessary to meet the unique goals of each student and transfer institution.

| 0 -15 UNITS |   | Pre- or co-reqs | Credit | IGETC | CSU   |
|-------------|---|-----------------|--------|-------|-------|
| Semester 1  | Area IA: English Composition: ENGL 122 – First-Year College Composition and Reading |                 | 3      | IA    | A2    |
|             | Physical Science and Biological Science w/o Lab: See Catalog under KINES            | See Catalog     | 3-5    | 5A/B  | B2/B3 |
|             | Mathematical Concepts   |                 | 3-5    | 2     | B4    |
|             | Social and Behavioral Science: Recommend HSCI 170                                   | See Catalog     | 3      | 4     | D     |
|             | HSCI 230 – Advanced Fist Aid  |                 | 3      |       |       |
|             | Total   |                 | 15     |       |       |

| 16 – 30 UNITS |   | Pre- or co-reqs | Credit | IGETC  | CSU   |
|---------------|---|-----------------|--------|--------|-------|
| Semester 2    | Arts and Humanities   |                 | 3      | 3      | C1/C2 |
|               | Physical Science and Biological Science W/LAB                     |                 | 3-5    | 5A/B/C | B1/B3 |
|               | Critical Thinking – English Composition                           |                 | 3      | IB     | A3    |
|               | KINES 234 – Introduction to Sports Medicine and Athletic Training |                 | 3      |        |       |
|               | KINES 240 – Principles of Optimizing Human Performance            |                 | 3      |        |       |
|               | Total   |                 | 15     |        |       |

| 31 – 45 UNITS |   | Pre- or co-reqs | Credit | IGETC | CSU   |
|---------------|---|-----------------|--------|-------|-------|
| Semester 3    | Arts and Humanities                                     |                 | 3      | 3     | C1/C2 |
|               | Social and Behavioral Science                           |                 | 3      | 4     | D     |
|               | Oral Communication                                      |                 | 3      | IC    | AI    |
|               | KINES 246 – Sports and Exercise Psychology              |                 | 3      |       |       |
|               | KINES 242 - Exercise Techniques and Fitness Assessments |                 | 1      |       |       |
|               | Major Applicable Elective: 2 units from KINES Catalog   | See Catalog     | 2      |       |       |
| Total         |   | 15              |        |       |       |

| 46 – 60 UNITS |   | Pre- or co-reqs | Credit | IGETC  | CSU   |
|---------------|---|-----------------|--------|--------|-------|
| Semester 4    | Arts and Humanities   |                 | 3      | 3      | C1/C2 |
|               | Social and Behavioral Science   |                 | 3      | 4      | D     |
|               | CSU Lifelong Learning Graduation requirement:                         |                 | 3      | CSU GR | -     |
|               | Major Applicable Elective: 3 units from KINES. NUTRI 120 OR NUTRI 160 | See Catalog     | 3      |        |       |
|               | Major Applicable Elective: 2 units from KINES Catalog                 | See Catalog     | 2      |        |       |
|               | Degree Applicable Elective  |                 | 1      |        |       |
|               | Total   |                 | 15     |        |       |

**Program total: 60**

Students earning this degree must complete 60 CSU-transferable units. Students must also complete either CSU GE or IGETC (including the Area 1C requirement) General Education pattern. Consult with a counselor to see which pattern is best for you and for specific recommendations about courses that best meet your education goals, particularly related to transfer requirements. Not all courses are offered every term. See the Catalog and Schedule of Classes for more details.

**Tentative Planned Course Offering:**

| <u>FALL 2019</u> |           | <u>SPRING 2020</u> |           | <u>SUMMER<br/>2020</u> | <u>FALL 2020</u> |           | <u>SPRING 2021</u> |           |
|------------------|-----------|--------------------|-----------|------------------------|------------------|-----------|--------------------|-----------|
| KINES 100        | KINES 239 | KINES 100          | KINES 240 | KINES 210              | KINES 100        | KINES 239 | KINES 100          | KINES 240 |
| KINES 210        | KINES 240 | KINES 210          | KINES 242 |                        | KINES 210        | KINES 240 | KINES 210          | KINES 242 |
| KINES 220        | KINES 242 | KINES 222          | KINES 250 |                        | KINES 220        | KINES 242 | KINES 222          | KINES 250 |
| KINES 222        | KINES 248 | KINES 230          | KINES 254 |                        | KINES 222        | KINES 248 | KINES 230          | KINES 254 |
| KINES 223        | KINES 252 | KINES 232          | KINES 255 |                        | KINES 223        | KINES 254 | KINES 232          | KINES 255 |
| KINES 230        | KINES 254 | KINES 234          | KINES 257 |                        | KINES 230        | KINES 255 | KINES 234          | KINES 257 |
| KINES 232        | KINES 255 | KINES 235          | KINES 265 |                        | KINES 232        |           | KINES 235          | KINES 265 |
| KINES 234        |           | KINES 236          | KINES 266 |                        | KINES 234        |           | KINES 236          | KINES 266 |
| KINES 236        |           | KINES 237          |           |                        | KINES 236        |           | KINES 237          |           |
| KINES 237        |           | KINES 238          |           |                        | KINES 137        |           | KINES 238          |           |
| KINES 238        |           | KINES 239          |           |                        | KINES 238        |           | KINES 239          |           |