



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	Placement	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	See counselor	3-5	2	B4
	Social and Behavioral Science: Recommend HSCI 170	See catalog	3	4	D
	HSCI 230 – Advanced First 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	See counselor	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.