

Program:	Kinesiology - Associate in Arts for Transfer (AA-T) Degree
Meta-major:	Health Sciences

Fall Year 1	Winter Year 1	Spring Year 1	Summer Year 1	Fall Year 2	Winter Year 2	Spring Year 2
KIN MAJ 100 INTRODUCTION TO KINESIOLOGY 3 units	To reduce units in primary terms, it is suggested to take a GE course (3 units)	ANATOMY 001 INTRODUCTION TO HUMAN ANATOMY Advisory: ENGLISH 101 Also fulfills Area B2 and Area B3 requirements 4 units	To reduce units in primary terms, it is suggested to take a GE course (3 units)	PHYSIOL 001 INTRODUCTION TO HUMAN PHYSIOLOGY Prerequisite: ANATOMY 001 4 units	To reduce units in primary terms, it is suggested to take a GE course (3 units)	*Area B1: Physical Science Choose any Unless satisfied by completing PHYSICS 006 in List A 3 - 5 units
***MOVEMENT BASED COURSE Choose any 1 unit		***MOVEMENT BASED COURSE Choose any 1 unit		**LIST A Choose one 3 - 4 units		*Area C1: Arts Suggested: DANCEST 805 HISTORY AND APPRECIATION OF DANCE 3 units
***MOVEMENT BASED COURSE Choose any 1 unit		**LIST A Choose one Suggested: MATH 227 STATISTICS Prerequisite: MATH 125 or MATH 167 or Placement by multiple measures Also fulfills Area B4: Mathematics/Quantitative Reasoning requirement 3 - 4 units		*Area A3: Critical Thinking Suggested: ENGLISH 103 COMPOSITION AND CRITICAL THINKING (Prerequisite: ENGLISH 101; Advisory: ENGLISH 108) 3 units		*Area C1: Arts or Area C2: Humanities Choose any 3 - 5 units
Area A2: Written Communication ENGLISH 101 COLLEGE READING AND COMPOSITION I Prerequisite: ENGLISH 028 or ESL 008 or Placement by multiple measures; Advisory: ENGLISH 108 3 units		*Area A1: Oral Communication COMM 101 PUBLIC SPEAKING (Advisory: ENGLISH 101) or COMM 121 INTERPERSONAL COMMUNICATION 3 units		*Area C2: Humanities Suggested: Any language 3 - 5 units		*Area D: Social Sciences #3 Suggested: CHILD DEV 001 CHILD GROWTH AND DEVELOPMENT or CHILD DEV 042 TEACHING IN A DIVERSE SOCIETY (Advisory: ENGLISH 101) 3 units
*Area E: Lifelong Learning and Self Development Suggested: HEALTH 002 HEALTH AND FITNESS or HEALTH 008 WOMEN'S PERSONAL HEALTH or HEALTH 011 PRINCIPLES OF HEALTHFUL LIVING 3 units total		Area B4: Mathematics/Quantitative Reasoning Suggested: Any 200 level transferrable MATH course Unless satisfied by completing MATH 227 in List A 3 - 5 units		*Area D: Social Sciences #2 Suggested: SOC 001 INTRODUCTION TO SOCIOLOGY 3 units		*Choose additional course(s) as needed to reach 60 units See listing of Full CSU GE or IGETC for suggestions 1 - 11 units
*Area D: Social Sciences #1 Suggested: PSYCH 001 GENERAL PSYCHOLOGY I 3 units						

Semester Units:	14	14 to 17
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*For the complete list of CSU GE Breadth requirements, see the LACC Catalog, p.76. Area A2: Written Communication (English 101) and Area B4: Mathematics/Quantitative Reasoning should be taken within the first year. All other GE courses can be taken in any semester. If appropriate, English and Math can be taken in the same semester.

Students who feel they need additional support in order to be successful in English and Math should see a counselor for information about support courses, tutoring services, and boot camps.

16 to 19	As needed to reach at least 60 total units
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Major Units:	21 to 22 (4 units, or up to 12 units, also fulfill GE requirements)
General Education (GE) Units (39 unit minimum):	40 to 46
Additional Units:	0 to 11
Total Units (60 unit minimum):	60 to 63



****LIST A: Choose two courses**

Suggested: MATH 227 STATISTICS; Prerequisite: MATH 125 or MATH 167 or Placement by multiple measures; 4 units
BIOLOGY 003 INTRODUCTION TO BIOLOGY; Advisory: ENGLISH 021; 4 units
PHYSICS 006 GENERAL PHYSICS I; Prerequisite: MATH 240; 4 units; Also fulfills Area B1: Physical Science requirement
HEALTH 012 SAFETY EDUCATION AND FIRST AID; 3 units
3 to 4 units

*****MOVEMENT BASED COURSE: Choose 3 units from 3 different areas**

AREA 1/AQUATICS: KIN 201-1 SWIMMING SKILLS I; KIN 300 SWIMMING/NON-SWIMMER; KIN 303 AQUA AEROBICS
AREA 2/COMBATIVES: KIN 215-1 JUDO SKILLS I; KIN 217: SELF-DEFENSE SKILLS
AREA 3/DANCE: DANCETQ 121 JAZZ DANCE TECHNIQUES I; DANCETQ 141: MODERN DANCE TECHNIQUES I; DANCETQ 221 YOGA SKILLS I
AREA 4/FITNESS: KIN 229 BODY CONDITIONING SKILLS; KIN 246 BODY SCULPTING SKILLS; KIN 250-1 WEIGHT TRAINING SKILLS; KIN 251-1 YOGA SKILLS I;
KIN 326 AEROBIC SUPER CIRCUIT LAB; KIN 328-1 BICYCLE SPINNING I; KIN 331 CROSS TRAINING; KIN 334 FITNESS WALKING
AREA 5/INDIVIDUAL SPORTS: KIN 266-1 BADMINTON SKILLS I; KIN 271-1 TENNIS SKILLS I
AREA 6/TEAM SPORTS: KIN 287-1 BASKETBALL SKILLS I; KIN 289-1 SOCCER SKILLS I; KIN 291-1 VOLLEYBALL SKILLS I
1 unit each

SUGGESTED ADDITIONAL COURSES FOR FULL CSU GE OR IGETC

Area 4: Social and Behavioral Sciences

Suggested: Group 1 or 2 American Institutions

3 units