

Kinesiology AA-T (CSU GE Track)

+If you have completed coursework at another college and/or are starting in a semester other than a Fall term, please follow up with the Counseling Department to determine if this sequence is appropriate for your academic and career goals.

Program Description: The Physical Education-Kinesiology program offers a diverse curriculum which includes theory courses in Physical Education, Kinesiology, health education, and athletic training/sports medicine. A wide variety of movement courses are offered for the development of physical activity skills, knowledge, and fitness necessary for lifetime wellness in the areas of group exercise, aquatics, team sports, and recreation. [The Student Transfer Achievement Reform Act \(SB 1440\)](#)

Program SLO: Demonstrate proficiency in the core academic skills and knowledge required for transfer into a kinesiology program at a four-year college or university.

Important Transfer Information: *The sequence listed below, may not meet all your transfer admissions requirements. Connect with a counselor to develop an individual student education plan through the Counseling Department @ <https://www.canyons.edu/counseling> or (661) 362-3288/(661) 362-3811.*

Major courses are sequenced and **BOLDED based on recommendations by the Kinesiology Department.*

First Semester	(1-15 units)		
Course	Title	Units	Major and GE Courses
KPET 200	Introduction to Kinesiology (FA, WI, SP, SU)	3	Major Course and Area E
MATH 140/140H	Introductory Statistics (FA, WI, SP, SU)	4	Major Course and Area B4
KPEA Course from Groups A-D	Choose any 1-unit course from Groups A-D, see table below	1	Major Elective
Arts Course	Choose one course from the CSU GE Area C1 (FA, WI, SP, SU)	3	Area C1
ENGLISH 101/101H	English Composition (FA, WI, SP, SU)	4	Area A2
	Term Total:	15	

Check the Honors website for most recent course offerings. Must be enrolled in the Honors program to take courses, see below

Second Semester	(16-30 units)		
Course	Title	Units	Major and GE Courses
BIOSCI 100/100H	General Biology (FA, WI, SP, SU)	4	Major Course B2/B3
KPEA Course from Groups A-D	*Choose any 1-unit course from Groups A-D, not already taken, see table below	1	Major Elective
*Critical Thinking	Choose one course from the CSU GE A3 category (FA, WI, SP, SU)	3	Area A3
Social Science Course	Choose one course from CSU GE Area D (FA, WI, SP, SU) <i>Department Recommends SOCI 101- Intro to Sociology</i>	3	Area D
KPET 209 or another Arts or Humanities Course	<i>American Sports & Film (FA, SP)</i> or Choose one course in CSU GE Area C1 or C2 (FA, WI, SP, SU)	3	Area C1 or C2
HLHSCI 100, 150 or any KPEA Activity Course or any CSU Elective	Health Education or Nutrition (FA, WI, SP, SU) Choose any course that is CSU transferable	1-3	CSU Elective
	Term Total:	15-17	

**Some CSU's will require a second semester of English Composition.*

NOTE: Students intending to focus on Exercise Science/Pre-Physical Therapy for their concentration will need 1- 3 semesters of Chemistry, consult with COUNSELING!

Third Semester		(31-44 units)		
Course	Title	Units	Major and GE Courses	
BIOSCI 201 <i>or</i> BIOSCI 204	Introductory to Human Anatomy (FA, SP, SU) Human Anatomy and Physiology I (FA, SP, SU)	4	Major Course	
KPEA Course from Groups A-D	Choose any 1-unit course from Group A-D not already taken, see table below	1	Major Elective	
COMS 105/105H <i>or</i> COMS 120	Fundamentals of Public Speaking <i>or</i> Small Group Communication (FA, WI, SP, SU)	3	Area A1	
American Institutions Choose Option 1 or 2	Complete first course in chosen option – (note: must take both classes within one option) (FA, WI, SP, SU) <i>see table below</i>	3	American Institutions and Area C2	
KPET 201 <i>or</i> another CSU Elective	Principles of Physical Fitness and Conditioning (FA, WI, SP, SU) <i>or</i> choose any course that is CSU transferable	3	CSU Elective (KPET 201 is highly encouraged for transfer)	
		Term Total:	14	

Fourth Semester		(45-60 units)		
Course	Title	Units	Major and GE Courses	
BIOSCI 202 <i>or</i> BIOSCI 205	Introduction to Human Physiology (FA, SP, SU) Human Anatomy and Physiology II (FA, SP, SU)	4	Major Course	
CHEM 151 <i>or</i> any Physical Science Course	Preparatory General Chemistry <i>or</i> choose one course from CSU GE B1 Physical science (FA, WI, SP, SU)	3-4	B1 (CHEM 151 is highly recommended for transfer based on concentration area)	
American Institutions	Complete second course in chosen option – (note: must take both classes within one option) (FA, WI, SP, SU) <i>see table below</i>	3	American Institutions and Area D	
Social Science Course	Choose one course from CSU GE Area D (FA, WI, SP, SU) <i>Department recommends PSYCH 101 – Intro to Psychology</i>	3	Area D	
CSU Elective	Choose any course that is CSU transferable	3	CSU Elective	
		Term Total:	16-17	

NOTE: CHEM 151 may be required for transfer based on your major concentration, consult with COUNSELING

Total Units: 60+

Select one class from three of the following groups

Group A - Aquatics

KPEA 180A	Beginning Swimming (FA, SU)
KPEA 180B	Intermediate Swimming (FA, SU)
KPEA 180C	Advanced Swimming (FA, SU)

Group B - Fitness

DANCE 107	Dance Conditioning (FA, SP)
DANCE 108	Pilates (FA, SP)
DANCE 180	Introduction to Yoga (FA, WI, SP, SU)
KPEA 101A	Beginning Weight Training (FA, SP, SU)
KPEA 101B	Advanced Weight Training (FA, SP, SU)
KPEA 102	Running for Fitness (FA, SP)
KPEA 103	Cardio-Cross Training (FA, SP, SU)
KPEA 105	Step Aerobics (FA, SP)
KPEA 125	Walking for Fitness (FA, WI, SP, SU)
KPET 201	Principles of Physical Fitness and Conditioning (FA, WI, SP, SU)

Group C - Individual Sports

KPEA 165A	Beginning Golf (FA, SP, SU)
KPEA 165B	Intermediate Golf (FA, SP, SU)
KPEA 165C	Advanced Golf (FA, SP, SU)
KPEA 185A	Beginning Tennis (FA, SP, SU)
KPEA 185B	Intermediate Tennis (FA, SP, SU)
KPEA 185C	Advanced Tennis (FA, SP, SU)

Group D- Team Sports

KPEA 145A	Beginning Baseball (SU)
KPEA 145B	Intermediate Baseball (SU)
KPEA 150A	Beginning Basketball (FA, SP, SU)
KPEA 150B	Intermediate Basketball (FA, SP, SU)
KPEA 150C	Advanced Basketball (FA, SP, SU)
KPEA 160A	Beginning Football (SU)
KPEA 160B	Intermediate Football (SU)
KPEA 170A	Beginning Soccer (FA, SP, SU)
KPEA 170B	Intermediate Soccer (FA, SP, SU)
KPEA 170C	Advanced Soccer (FA, SP, SU)
KPEA 175A	Beginning Softball (SU)
KPEA 175B	Intermediate Softball (SU)
KPEA 195A	Beginning Volleyball (FA, SP, SU)
KPEA 195B	Intermediate Volleyball (FA, SP, SU)
KPEA 195C	Advanced Volleyball (FA, SP, SU)

American Institutions Requirement – Select one of the options below and complete a total of 6 units

Option 1	One course from the following: Economics 170/170H, History 111/111H, History 112/112H, History 120/120H, or History 130 AND Political Science 150/150H (FA, WI, SP, SU)
Option 2	History 111/111H AND History 112/112H (FA, WI, SP, SU)

Counselor Notes This sequence may not meet transfer admissions requirements. Some CSU's will require foreign language as part of the admissions requirements or graduation requirements. Please follow up with the Counseling Department for additional information @ <https://www.canyons.edu/counseling>.

Counseling Resources

Kinesiology Department <https://www.canyons.edu/academics/kinesiology/index.php>

CSU General Education Guide: <https://www.canyons.edu/studentservices/counseling/transfer/csu.php>

CSU/UC Articulation Agreements: www.assist.org

Cal State University: www.calstate.edu

Degree with a Guarantee: <http://adegreewithaguarantee.com/>

COC Honors Program: <https://www.canyons.edu/academics/honors/index.php>

Career Resources

California Career Zone: <https://www.cacareerzone.org/>

O*Net Online: <https://www.onetonline.org/>

Bureau of Labor and Statistics: <https://www.bls.gov/ooh/>

Professional Associations: www.americankinesiologyassociation.org