



Financial Aid Eligible

VA Eligible

Kinesiology ADT (01365)

YES

YES

This sample course map does not represent a contract or guarantee of course availability or transfer guarantee, nor does it replace meeting with a Counselor to discuss your goals and create a custom Student Education Plan designed to fit your unique individual needs.

This plan includes GE recommendations satisfying: [California State University General Education Breadth Requirements](#)
Please see the [California State University General Education Breadth Requirements for additional GE options](#).

This plan assumes the student is placed into transfer level Math and English
[Southwestern College Graduation, Certificates, and Degree Requirements](#)

1ST SEMESTER			
Course	Course Title	Units	Requirement Area
ES/T 202	Intro to Kinesiology	3	M, GE E
Biology 100+101	Intro to General Bio+Lab	3+1=4	M, GE B2/B3
English 115	English Comp	4	GE A2
Math 119 or Psych/Soc 270	Elementary Statistics or Behavior Statistics	4/3	M, GE B4
TOTAL UNITS		16/15	

2ND SEMESTER			
Course	Course Title	Units	Requirement Area
Biology 260	Human Anatomy	4	M PREREQUISITE
Fitness Area: ES/A 264 or 186 or 190	Beginning Yoga or FEC: Foundational Fitness or Intro Weight Training or Body Sulpt I	1	M
Chem 100 or 170	Intro to General Chem	4	M, GE B1
Music 107 or 106 or Comm 185/FTMA	Amerian Popular Music or Intro to Jazz or Cinema as Expression	3	GE C1
HLTH 204	Nutrition	3	Elective
TOTAL UNITS		15	

3RD SEMESTER			
Course	Course Title	Units	Requirement Area
BIO 261	Human Physiology	4	M
English 116 or Phil 103	Critical Thinking & Arg. or Logic & Critical Thinking	4/3	GE A3
Psych 101 or Soc 101	General Psych or General Soc	3	GE D
Aquaitc Area: ES/A 231 or 155 or 227	Sea Kayaking or Swimming I or Aquatic Exercise I	1	M
Phil 101 or Humanities 104 or	Intro to Phil or Intro to Humanities or Ethics: Theory & Practice	3	GE C2
TOTAL UNITS			

4TH SEMESTER

Course	Course Title	Units	Requirement Area
Hist 100 or PS 101	Am Civilization or Intro to Poli Sci	3	GE D, US 1/2
Dance 200 or Music 105 or ART 104	Dance History or Intro to Music or Intro to Art	3	GE C1
Dance Area: DANC 109 or DANC 170	Modern Dance I or Hip Hop	1.5	Major
Communication 103	Oral Communication	3	GE A1
HLH 116 or US 3	Women's Health	3	Elective or US 3
HLTH 121 or 212	Cultural Aspects of Food and Nutrition/Intro to Public Health	3	Elective
TOTAL UNITS		16.5	

Requirement Codes:**M: Major Requirement****GE: General Education Requirement****GE Content Areas: A1, A2, A3, B1, B2, B3, B4, C1, C2, C1 OR C2, D, E, US 1, US 2, US 3.****E: Elective**