

Name: \_\_\_\_\_ SID #: \_\_\_\_\_

**MAJOR: KINESIOLOGY AND HUMAN PERFORMANCE**  
**(Associate in Arts)**

**ASSOCIATE DEGREE MAJOR REQUIREMENTS**

	Units	Other Colleges	Fa/Sp/Su and Year	Grade Earned
<b>REQUIRED CORE:</b>	14			
KINS 40 Introduction to Kinesiology (3)				
KINS 44 Sport in Society (3)				
KINS 45 Intro./Careers/Sports Med./Allied Health (3)				
KINS 48 Psych. of Fitness/Sport Performance (3)				
KINS 51 Fitness/Wellness Strategies (2)				
<b>LIST A: Select from the following:</b>	3-4			
KINS 60 Fitness Exercise Physiology (1)				
& KINS 63 Fitness Anatomy and Kinesiology (2)				
<b>OR</b>				
ANAT 5 Human Biology (4)				
<b>Select one Pathway from the following:</b>	8-9			
<b>Coaching:</b> KINS 41 (3), 43 (3), 50 (2); <b>Health/Wellness:</b> HLTH 4 (3) or 7 (3); <b>NUTF 1 (3); PSYC 1 (3) or 50 (3);</b> <b>Nutrition:</b> NUTF 1 (3), 3 (2), 10 (2) & 10L (1); <b>Personal Trainer/Fitness Instructor:</b> KINS 41 (3), 46 (3), 47 (3)				
<b>Activity Courses: Select any combination of the following courses for a total of 4 units:</b> <b>Aquatics:</b> PFIT 22A/B/C/D (1); PHED 7A/B, 12B/C/D/E (1); <b>Combatives:</b> PFIT 16A/B/C/D (.5-1); PHED 23A/B/C/D (1); <b>Fitness:</b> PFIT 2, 6, 7 (1); 8 (.5-1); 9 (1); 10A/B/C (.5-1); 14 (.5); 15A/B/C/D, 17A/B/C/D, 18A/B/C/D (.5-1); 19A/B/C/D, 20, 21A/B/C, 23A/B/C/D, 30A/B/C, 50 (1), 90 (.5-4); <b>Individual Sports:</b> PHED 2A/B/C/D, 5A/B/D/E, 9A/B/C/D (1), 90 (.5-4); <b>Team Sports:</b> PHED 6A/B/C, 15A/B/D/E, 22A/B/C/D, 24A/B/C/D (1); <b>Athletic courses:</b> ATHL 18-90 (.5-4 units)				
<b>TOTAL MAJOR UNITS</b>	<b>29-31</b>			

**GRADUATION REQUIREMENTS**

	IP	C
Reading/Writing Competency:		
Math Competency:		
Information Competency:		
<b>Ethnic Studies Competency:</b>		
12 Units in Residence (at least 6 units in the major)		
General Education Pattern: MPC GE <input type="checkbox"/> CSU GE <input type="checkbox"/> IGETC <input type="checkbox"/>	GE Catalog Year:	
Completion of Major (Grade of "C" or better in each course)	Major Catalog Year:	
60 Degree-Applicable Units		
GPA 2.0 or higher		

Counselor Signature: \_\_\_\_\_ Date: \_\_\_\_\_