

Associates Degree for Transfer: KINESIOLOGY

Upon completion of this degree, students will be prepared to transfer into the CSU system to pursue a BA/BS in Kinesiology or a related major.

FALL SEMESTER (Year 1)	Units	Major / GE Area	Recommendations/Advising Notes
KIN 2 – Intro to Kinesiology	3	Major	
ENGL 1A – College Composition	4	CSU A2	
MATH 5 – Intro to Statistics	3	Major/ CSU B4	
ARTS	3	CSU C1	
KIN Activity	1	Major / CSU E	Choose from Major listed Activity courses
14		Meet with your counselor to complete a comprehensive education plan	

SPRING SEMESTER (Year 1)	Units	Major / GE Area	Recommendations/Advising Notes
BIO 15 – Survey of Anat/Physiology	5	Major / CSU B2, B3	
ENGL 1C – Critical Reason & Writing	3	CSU A3	
CMUN 1A, 5, 8, 10 – Oral Communication	3	CSU A1	
HIST 1 – US Hist through Reconstruction	3	CSU D1/ Amer Inst	Can take HIST 1, 2, or POLS 1 interchangeably
KIN Activity	1	Major / CSU E	Choose from Major listed Activity courses
15		Meet with your counselor to review and update your education plan.	

SUMMER SEMESTER (Year 1)	Units	Major / GE Area	Recommendations/Advising Notes
HIST 2 – US Hist Reconstruction to Present	3	CSU D2/ Amer Inst	Can take HIST 1, 2, or POLS 1 interchangeably
3		Meet with your counselor if needed	

FALL SEMESTER (Year 2)	Units	Major / GE Area	Recommendations/Advising Notes
BIO 7 – Human Anatomy	4	Major	
CHEM 30A – Elementary Chemistry	4	Major / CSU B1, B3	
HUMANITIES	3	CSU C2	Choose any HUM listed
KIN ELECTIVE	3-4	Major	Recommend: KIN 3, 7, 85, 15
KIN Activity	1	Major	Choose from Major listed Activity courses
15-16		Meet with your counselor to review and update your education plan Submit application for transfer (10/1-11/30)	

SPRING SEMESTER (Year 2)	Units	Major / GE Area	Recommendations/Advising Notes
BIO 9 – Human Physiology	5	Major	
SOCIAL SCIENCE	3	CSU D2	
ARTS or HUMANITIES	3	CSU C	
SELF DEVELOPMENT	3	Any CSU E	Recommend: KIN 8, KIN 92, HE 1
14		Apply for Graduation	

**Every student's needs and circumstances are unique and this map does not replace an Individualized Education Plan. Please see a Gavilan College Counselor to establish a plan that will best serve your specific goals and timeline.*

CSU Bachelor's Degree: Kinesiology/Exercise and Human Performance/Motor Learning/Biomechanics/ Sport/Dance/Physical Education/(pre-Physical Therapy)/Physical Education.

Kinesiology is the study of the movement of the human body, and includes courses in sports, fitness, human anatomy and physiology. Kinesiology may include aquatics, combatives, team sports, individual sports, fitness and dance, as well as other relevant sciences.

Sample Dream Futures: athletic training and coaching, health and fitness businesses, physical education and therapeutic exercise and rehabilitation. Some fields may require additional training.

TITLES AND CAREER PATHS

Athletic Trainer / Athletic Administration / Biomechanist / Cardiac Rehabilitation Specialist / Coach / Director of Sports Programs / Exercise Physiologist / Fitness Instructor / Massage Therapist / Medical Doctor / Occupational Therapist / Personal Trainer / Physical Education Teacher / Physical Therapist / Physician's Assistant / Professor of Kinesiology / Recreational Therapist / Sport Management / Sport Psychologist / Sports Information Director / Sports Journalist / Sports Marketing Strength and Conditioning Coach

CAREER AND LABOR MARKET TOOLS

ROADTRIP NATION explore interests and discover career pathways associated with your unique ambitions and skills

<https://roadtripnation.com/edu/gavilan> *use Gavilan's Membership Code: GAVILAN9

EUREKA provides exploration tools to allow students to complete career assessments and research hundreds of college majors and associated careers

<https://eureka.org> *use Gavilan College Site Code ID: SSYJLNM

OCCUPATIONAL OUTLOOK HANDBOOK provides information on job descriptions, work environment, Education, pay and job outlook

<https://www.bls.gov/ooh/>

PROFESSIONAL ORGANIZATIONS

California Association for Health, Physical Education, Recreation, and Dance CAHPERD (www.cahperd.org)

American Kinesiology Association AKA (<https://www.americankinesiology.org/>)

American College of Sports Medicine ACSM (<https://www.acsm.org/>)

National Athletic Trainers' Association NATA (<https://www.nata.org/>)

Career Resources: Gavilan College Career / Transfer Center uses College Central Network as its job search system. The site is available at any time to students, alumni, and employers at www.collegecentral.com/gavilan