

Kinesiology for Transfer

Kinesiology is the study of movement as it relates to physical activity, health, disease prevention, exercise and sport. Kinesiology Majors are grounded in an interdisciplinary body of knowledge which encompasses the biological, psychological, physical, and social sciences. They use this knowledge to understand how the human body responds to movement, exercise, exercise training and overall fitness. Kinesiology majors can find employment in health care, coaching, sports officiating and athletic training. Public schools also recruit kinesiologists for their physical education departments or programs. Lastly, a baccalaureate degree in Kinesiology can also lead to advanced degrees in Physical Therapy, Occupation Therapy or Medical School.

Required Core (12 units)

Course	Title	Units
BIO 210	Human Anatomy	4
BIO 211	Human Physiology	5
KIN 100	Introduction to Kinesiology	3

Movement Based Courses: 3 units

Course	Title	Units
PHE 100 AND PHE 135	Fitness Center AND Fitness and Exercise	1
OR		
PHE 176 AND PHE 177	Introduction to Golf AND Intermediate Golf	1
OR		
PHE 155 AND PHE 156	Basketball 1 AND Basketball 2	1

List A: (select two courses) 6 units

Course	Title	Units
BIO 190	Biology Sequence I for Majors	5
CHE 101	Introduction to General Chemistry	4
KIN 101	First Aid and CPR	3
MAT 106	Statistics	4

PSY 101 OR SOC 101	General Psychology OR Introduction to Sociology	3
PHS 100	Personal Health and Wellness	3
Total Units for the Major: 18		