

HEALTH & WELLNESS

Your Pathway

KINESIOLOGY

Associate in Arts for Transfer Degree

This degree will prepare you for a variety of career options in the field of Kinesiology such as teaching, exercise science, sports medicine, and physical therapy. This degree also fulfills the requirements for transfer to a university to pursue a 4-year degree in Kinesiology.

Suggested Sequence of Classes

FALL SEMESTER – FIRST YEAR 16 units

ENGL 1A College Composition 4 units
CMST 60 Public Speaking 3 units
ANAT 1 Human Anatomy with Lab 5 units
PE 30A Beginning Swimming 1 unit
HLTH 2 Nutrition and Fitness 3 units

SPRING SEMESTER – FIRST YEAR 14 units

MATH 14 Introduction to Statistics 4 units
KINES 1 Foundations of Kinesiology 3 units
PE 60 Self Defense 1 unit
HUM 2 Exploring the Humanities 3 units
POLS 2 Introduction to American Government 3 units

FALL SEMESTER – SECOND YEAR 15 units

PHY 1 Physiology with Lab 5 units
ENGL 1C Critical Reasoning, Reading, and Writing 3 units
PE 51A Beginning Tennis 1 unit
MUS 11 History of Jazz and Early Rock 3 units
HIST 17A United States History 3 units

SPRING SEMESTER – SECOND YEAR 15 units

KINES 2 Sports Emergency Care 3 units
HIST 3 World Civilization 1500 to Present 3 units
CHEM 2A Introduction to Chemistry 5 units
ETHS 1 Introduction to Ethnic Studies 3 units
PE 12A Beginning Weight Training and Fitness 1 unit

POTENTIAL CAREERS

Personal Trainer
Fitness Manager
Health Coach

SALARY POTENTIAL

\$53,529

(source: ziprecruiter.com)



Please meet with a counselor to customize your own educational plan, explore course options, and consider department and counseling faculty recommendations.



Shasta College

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Counseling

(530) 242-7724