

2022-23

KINESIOLOGY

AS-T KINESIOLOGY

Pathways for Transfer

(CSUGE) NAS890 / (IGETC) NAS891

REQUIRED COURSES (20-23 semester units) UNITS

KIN-10	Introduction to Kinesiology	3
BIO-50A (formerly AMY-2A)	Anatomy and Physiology I	4
BIO-50B (formerly AMY-2B)	Anatomy and Physiology II	4

COMBATIVES: Select ONE course below (1 semester unit)

KIN-A40 or A41	Karate - Beginning/Intermediate	1
KIN-A43 or A44	T'ai-chi Beginning/Intermediate	1

FITNESS: Select ONE course below (1 semester unit)

KIN-A46 or A47	Hatha Yoga - Beginning/Intermediate	1
KIN-A75A or 75B	Walking - Beginning/Intermediate	1
KIN-A77A or 77B	Jogging - Beginning/Intermediate	1
KIN-A81A or A81B	Cardio & Strength Training - Beginning/Intermediate	1
KIN-A83	Kickboxing, Aerobics	1

TEAM SPORTS: Select ONE course below (1 semester unit)

KIN-A62	Flag Football	1
KIN-A64	Soccer	1

LIST A: Select TWO courses below (6 - 9 semester units)

BIO-4 (formerly BIO-17)	Human Biology	4
CHE-1A	General Chemistry I	5
KIN-30	First Aid and CPR	3
MAT-12/12H	Statistics/Honors	4
OR		
PSY/SOC-48	Statistics for the Behavioral Sciences	3
PHY-2A	General Physics I	4
OR		
PHY-4A	Mechanics	4

This academic plan includes major coursework and recommended general education requirements for transfer. **Transfer requirements vary based on institution.** Please see a counselor to develop your personal educational plan and determine appropriate work/life/school balance.

TERM 1

CPP		CSUSB	
COURSE	UNITS	COURSE	UNITS
ENG 1A	4	ENG 1A	4
MAT 12	4	MAT 1A	4
KIN 10	3	KIN 10	3
CHE 1A	5	BIO 4	4
FITNESS CLASS	1	FITNESS CLASS	1
Total Units	17	Total Units	16

TERM 2

CPP		CSUSB	
COURSE	UNITS	COURSE	UNITS
COM 2 or ENG 1B	3-4	COM 2 or ENG 1B	3-4
BIO 60	5	PHY 2A or CHE 1A	4-5
COM 1, 6 or 9	3	COM 1, 6 or 9	3
MAT 36	4	COM 13 or SOC 1	3
COMBATIVE CLASS	1	COMBATIVE CLASS	1
Total Units	16-17	Total Units	14-16

TERM 3

CPP		CSUSB	
COURSE	UNITS	COURSE	UNITS
BIO 50A	4	BIO 50A	4
PHY 2A or 4A	4	PHY 2B or CHE 1B	4-5
HIS 6, 7, 14, 31 or 34	3	HIS 6, 7, 14, 31 or 34	3
SOC 1	3	PSY 1	3
PHI 12 or HUM 11	3	PHI 12 or HUM 11	3
Total Units	17	Total Units	17-18

TERM 4

CPP		CSUSB	
COURSE	UNITS	COURSE	UNITS
BIO 50B	4	BIO 50B	4
PHY 2B or 4B	4	DAN 6 or THE 3	3
POL 1	3	POL 1	3
PSY 1	3	PSY 9 or KIN 16	3
DAN 6 or THE 3	3	TEAM SPORT CLASS	1
TEAM SPORT CLASS	1		
Total Units	18	Total Units	14

First Term To-Do List

✓	Submit official high school transcripts and AP/IB/CLEP exam scores
	Visit Engagement Center (ST 108)
	Meet with a counselor to personalize your EduNav plan and to determine if you have already met the IGETC foreign language requirement through high school coursework
	Register for ILA-800 each term to receive FREE tutoring

Second Term To-Do List

✓	Visit the Counseling Center (2nd floor of CSS)
	Meet with a Mustang Mentor
	Get involved in ASNC or other student organizations
	Look for internship, research or volunteer opportunities in your field (s) of interest

Third Term To-Do List

✓	Meet with a counselor to verify your transfer status
	Attend Transfer Fair , transfer workshops and meet with university reps
	Submit transfer applications (ask about UC TAG)
	Complete FAFSA before march 2nd (include all transfer institutions that you applied to)

Fourth Term To-Do List

✓	Submit Degree Applications via WebAdvisor
	Complete transfer application updates
	Finish strong and order final transcripts for your transfer institution along with CSUGE or IGETC certification

A **KINESIOLOGY** degree prepares students for careers in health, fitness, physical education, therapeutic/sport medicine, and coaching/sport instruction. Core classes provide a multi-disciplinary study of human movement, exercise and the relationships between physical activity and health.

WHERE CAN I WORK?

- ◆ Camps & park districts
- ◆ Community Center
- ◆ Cruise Line
- ◆ Health Clinic
- ◆ Health Club & Fitness Center
- ◆ K-12 school
- ◆ Professional Sports Team
- ◆ Rehabilitation Center
- ◆ Resort
- ◆ Self-Employed/Personal Clients
- ◆ Sports Medicine Facility
- ◆ University/College

HOW DO I GET STARTED?

- ⇒ Visit the **Counseling Center** to learn about opportunities in the field and help determining if it is a good fit for your preferred values, strengths, skills, and interests. SSV 2nd floor.
- ⇒ Attend annual **TRANSFER FAIR** and **TRANSFER CENTER WORKSHOPS** to determine which university is the best fit for you as well as application requirements and transfer process.
- ⇒ **JOB SHADOW** and **NETWORK WITH PROFESSIONALS** in positions you wish to obtain. Develop relationships with coaches, athletic directors, and team managers.
- ⇒ Maintain excellent personal fitness and athletic proficiency.
- ⇒ Participate in campus clubs to gain **TEAMWORK** and **LEADERSHIP SKILLS**.
- ⇒ Practice interpersonal, small group and public speaking **COMMUNICATION SKILLS**.
- ⇒ Learn **INJURY PREVENTION** strategies and complete **CPR** and **FIRST AID CERTIFICATIONS**.
- ⇒ Gain experience by **VOLUNTEERING** with a little league team, high school or college sports team or run exercise programs for non-profit organizations.
- ⇒ Obtain an **INTERNSHIP** or **JOB** with a fitness facility, athletic organization or sports team.
- ⇒ Join **PROFESSIONAL ASSOCIATION** such as the American Council on Exercise, American Fitness Professionals Association or the National Athletic Trainers Association to network and maintain current knowledge of opportunities in the field.

WHAT CAN I DO WITH THIS ASSOCIATE DEGREE?

Position Title	CA Annual Openings	CA Median Salary	In Riverside County Wages will Support
Fitness Trainer/Aerobic Instructor	6,550	\$47,990	1 adult
Locker Room Attendant	630	\$35,610	1 adult
Occupational Therapy Aide	1,100	\$33,180	1 adult
Occupational Therapy Assistant	330	\$71,650	1 adult, 2 children
Physical Therapy Assistant	870	\$69,620	1 adult, 2 children
Physical Therapist Aide	1,110	\$28,650	1 adult
Recreation Worker	2,930	\$29,620	1 adult
Referee or Umpire	280	\$29,070	1 adult

WHAT SKILLS DO I NEED?

- ⇒ **Active Listening** — giving full attention to what other people are saying, taking time to understand the points being made, asking questions as appropriate, and not interrupting at inappropriate times.
- ⇒ **Critical Thinking** — using logic and reasoning to identify the strengths and weaknesses of alternative solutions, conclusions or approaches to problems.
- ⇒ **Reading Comprehension** — understanding written sentences and paragraphs in work related documents.
- ⇒ **Speaking** — talking to others to convey information effectively.
- ⇒ **Instructing** — teaching others how to do something.

PREFERRED WORK STYLES INCLUDE:

- ⇒ **Integrity** — being honest and ethical.
- ⇒ **Dependability** — being reliable, responsible, and dependable, and fulfilling obligations.
- ⇒ **Concern for Others** — being sensitive to others' needs and feelings and being understanding and helpful on the job.
- ⇒ **Cooperation** — being pleasant with others on the job and displaying a good-natured, cooperative attitude.
- ⇒ **Attention to Detail** — being careful about detail and thorough in completing work tasks.

WHAT CAN I DO WITH MORE EDUCATION AND TRAINING?

Position Title	CA Annual Openings	CA Median Salary	In Riverside County Wages will Support
Adapted Physical Ed Specialist	230	\$62,980	1 adult, 1 child
Athletic Trainer	140	\$56,520	1 adult, 1 child
Coaches & Scouts	5,570	\$39,910	1 adult
Exercise Physiologist	1,100	\$69,500	1 adult, 2 children
Fitness & Wellness Coordinator	440	\$98,510	2 adults, 3 children
Recreational Therapist	120	\$81,770	1 adult, 2 children
Sports Medicine Physician	1,040	\$208,000	2 adults, 10 children
University/College Professor	1,780	\$105,630	2 adults, 3 children

ESTIMATED COST TO OBTAIN ASSOCIATE DEGREE

60 Units x \$46 per unit (CA residents) = \$2,760 Health, ASNC, Parking Fees (x 4 terms) = \$360
 Books & Supplies = \$3,944 **Total Cost = \$7,064**

For more information about careers, education and training requirements, salary data, and job outlooks visit www.onetonline.org, www.bls.gov or www.labormarketinfo.edd.ca.gov/OccGuides.