

### 2020-21

### 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
<b>Total Units</b>	<b>17</b>	<b>Total Units</b>	<b>16</b>

#### 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
<b>Total Units</b>	<b>16-17</b>	<b>Total Units</b>	<b>14-16</b>

#### 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
<b>Total Units</b>	<b>17</b>	<b>Total Units</b>	<b>17-18</b>

#### 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		
<b>Total Units</b>	<b>18</b>	<b>Total Units</b>	<b>14</b>

#### First Term To-Do List

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

#### Second Term To-Do List

Visit the <a href="#">Career Center</a> (2nd floor of CSS)
Meet with a Mustang Mentor
Get involved in <a href="#">ASNC</a> or other <a href="#">student organizations</a>
Look for internship, research or volunteer opportunities in your field (s) of interest

#### Third Term To-Do List

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

#### Fourth Term To-Do List

Submit Degree Applications via <a href="#">WebAdvisor</a>
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 **CAREER 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. CSS 2<sup>nd</sup> 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
<a href="#">Fitness Trainer/Aerobic Instructor</a>	6,550	\$47,990	1 adult
<a href="#">Locker Room Attendant</a>	630	\$35,610	1 adult
<a href="#">Occupational Therapy Aide</a>	1,100	\$33,180	1 adult
<a href="#">Occupational Therapy Assistant</a>	330	\$71,650	1 adult, 2 children
<a href="#">Physical Therapy Assistant</a>	870	\$69,620	1 adult, 2 children
<a href="#">Physical Therapist Aide</a>	1,110	\$28,650	1 adult
<a href="#">Recreation Worker</a>	2,930	\$29,620	1 adult
<a href="#">Referee or Umpire</a>	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.

## WHAT CAN I DO WITH MORE EDUCATION AND TRAINING?

Position Title	CA Annual Openings	CA Median Salary	In Riverside County Wages will Support
<a href="#">Adapted Physical Ed Specialist</a>	230	\$62,980	1 adult, 1 child
<a href="#">Athletic Trainer</a>	140	\$56,520	1 adult, 1 child
<a href="#">Coaches &amp; Scouts</a>	5,570	\$39,910	1 adult
<a href="#">Exercise Physiologist</a>	1,100	\$69,500	1 adult, 2 children
<a href="#">Fitness &amp; Wellness Coordinator</a>	440	\$98,510	2 adults, 3 children
<a href="#">Recreational Therapist</a>	120	\$81,770	1 adult, 2 children
<a href="#">Sports Medicine Physician</a>	1,040	\$208,000	2 adults, 10 children
<a href="#">University/College Professor</a>	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	<b>Total Cost = \$7,064</b>

## 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.

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