

# CERRITOS COLLEGE

## KINESIOLOGY (*formerly PHYSICAL EDUCATION*)

### TRANSFER PREPARATION

**IMPORTANT NOTICE:** The requirements listed for the major are subject to change without notice. It is the student's responsibility to check for the most recent information with a Cerritos College counselor or by consulting ASSIST at [www.assist.org](http://www.assist.org).

**NOTE:** Courses listed may require prerequisite coursework.

#### COMMON LOWER DIVISION MAJOR PREPARATION FOR CALIFORNIA STATE UNIVERSITY

|     |     |                                  | UNITS |
|-----|-----|----------------------------------|-------|
| A&P | 150 | Introduction to Human Anatomy    | 4     |
| A&P | 151 | Introduction to Human Physiology | 4     |
| KIN | 100 | Introduction to Kinesiology      | 3     |

#### LOWER DIVISION MAJOR PREPARATION FOR SPECIFIC TRANSFER INSTITUTIONS

##### California State University – Dominguez Hills

##### Physical Education Major – B.A.

CSULA offers the following Physical Education majors: Fitness Director, Pre-Physical Therapy and Teaching

##### Common Core Requirements for ALL Physical Education Major Options:

|                |     |                                  |     |
|----------------|-----|----------------------------------|-----|
| A&P            | 150 | Introduction to Human Anatomy    | 4   |
| <i>and</i> A&P | 151 | Introduction to Human Physiology | 4   |
| <i>or</i> A&P  | 200 | Human Anatomy                    | (4) |
| <i>and</i> A&P | 201 | Human Physiology                 | (4) |
| KIN            | 100 | Introduction to Kinesiology      | 3   |

#### ADDITIONAL REQUIREMENTS FOR SPECIFIC OPTIONS:

##### Fitness Director Option:

7 units of activity units:

|               |     |  |       |
|---------------|-----|--|-------|
| PEX           | 111 | Low Impact Aerobics                            | 1.5   |
| <i>or</i> PEX | 112 | Step Aerobics                                  | (1.5) |
| <i>or</i> PEX | 113 | Zumba  | (1)   |
| <i>or</i> PEX | 116 | Water Aerobics                                 | (1)   |
| <i>or</i> PEX | 117 | Aqua Zumba                                     | (1)   |
| <i>or</i> PEX | 139 | Walking/Jogging for Fitness                    | (1)   |
| PEX           | 149 | Tae Kwon Do, Beginning                         | 1     |
| <i>or</i> PEX | 249 | Tae Kwon Do, Intermediate/Advanced             | (2)   |
| PEX           | 124 | Personal Fitness Program                       | 1     |
| <i>or</i> PEX | 145 | Circuit Weight Training, Beginning             | (1)   |
| <i>or</i> PEX | 245 | Circuit Weight Training, Intermediate/Advanced | (2)   |
| PEX           | 185 | Swimming, Beginning                            | 1     |
| <i>or</i> PEX | 284 | Swimming, Intermediate                         | (2)   |
| <i>or</i> PEX | 285 | Swimming Advanced                              | (2)   |
| KIN           | 104 | Fitness and Wellness                           | 3     |

# CERRITOS COLLEGE

## KINESIOLOGY (*formerly PHYSICAL EDUCATION*)

### TRANSFER PREPARATION

#### California State University – Dominguez Hills (cont.)

##### Pre-Physical Therapy Option:

|                 |     |                       |   |
|-----------------|-----|-----------------------|---|
| BIOL            | 201 | Principles of Biology | 5 |
| CHEM            | 111 | General Chemistry     | 5 |
| <b>and</b> CHEM | 112 | General Chemistry     | 5 |
| PHYS            | 101 | General Physics       | 4 |

##### Teaching Option:

15 units of activity units:

|                |     |                                    |       |
|----------------|-----|------------------------------------|-------|
| DANC           | 125 | Introduction to Ballroom Dance     | 2     |
| <b>or</b> DANC | 121 | Latin Social Dance                 | (2)   |
| KIN            | 104 | Fitness and Wellness               | 3     |
| PEX            | 111 | Low Impact Aerobics                | 1.5   |
| <b>or</b> PEX  | 112 | Step Aerobics                      | (1.5) |
| <b>or</b> PEX  | 113 | Zumba                              | (1)   |
| <b>or</b> PEX  | 116 | Water Aerobics                     | (1)   |
| <b>or</b> PEX  | 117 | Aqua Zumba                         | (1)   |
| <b>or</b> PEX  | 139 | Walking/Jogging for Fitness        | (1)   |
| PEX            | 161 | Badminton, Beginning               | 1     |
| <b>or</b> PEX  | 261 | Badminton, Intermediate/Advanced   | (2)   |
| PEX            | 176 | Golf, Beginning                    | 1     |
| <b>or</b> PEX  | 276 | Golf, Intermediate/Advanced        | (2)   |
| PEX            | 185 | Swimming, Beginning                | 1     |
| <b>or</b> PEX  | 284 | Swimming, Intermediate             | (2)   |
| <b>or</b> PEX  | 285 | Swimming, Advanced                 | (2)   |
| PEX            | 189 | Tennis, Beginning                  | 1     |
| <b>or</b> PEX  | 288 | Tennis, Intermediate               | (2)   |
| <b>or</b> PEX  | 289 | Tennis, Advanced                   | (2)   |
| PEX            | 149 | Tae Kwon Do, Beginning             | 1     |
| <b>or</b> PEX  | 249 | Tae Kwon Do, Intermediate/Advanced | (2)   |

Select ONE course from the following:

|               |     |  |     |
|---------------|-----|--|-----|
| PEX           | 124 | Personal Fitness Program                       | 1   |
| <b>or</b> PEX | 145 | Circuit Weight Training, Beginning             | (1) |
| <b>or</b> PEX | 245 | Circuit Weight Training, Intermediate/Advanced | (2) |

Select TWO courses from the following:

|               |     |                                   |     |
|---------------|-----|-----------------------------------|-----|
| PEX           | 181 | Softball, Beginning               | 1   |
| <b>or</b> PEX | 281 | Softball, Intermediate/Advanced   | (2) |
| PEX           | 191 | Volleyball, Introduction          | 1   |
| <b>or</b> PEX | 291 | Volleyball, Intermediate          | (2) |
| <b>or</b> PEX | 292 | Volleyball, Advanced              | (2) |
| PEX           | 166 | Basketball, Beginning             | 1   |
| <b>or</b> PEX | 265 | Basketball, Intermediate          | (2) |
| <b>or</b> PEX | 263 | Basketball, Intermediate/Advanced | (2) |
| <b>or</b> PEX | 266 | Basketball, Advanced              | (2) |

# CERRITOS COLLEGE

## KINESIOLOGY (*formerly PHYSICAL EDUCATION*)

### TRANSFER PREPARATION

#### California State University – Dominguez Hills (cont.)

|               |     |                               |     |
|---------------|-----|-------------------------------|-----|
| PEX           | 178 | Soccer, Beginning             | 1   |
| <i>or</i> PEX | 278 | Soccer, Intermediate/Advanced | (2) |

#### California State University – Fullerton

**The Kinesiology major offers the following concentrations: Exercise Science, Recreation Fitness & Health Promotion, Gerokinesiology, Special Studies, Sports Studies, Strength and Conditioning, Teacher Education, and Clinical Movement Science**

The B.S. in Athletic Training transitioned to a Master’s Degree program (MSAT).  
See information about the program here: <http://msat.fullerton.edu/academic/index.php>  
Prerequisite and application information can be found under Prospective Students tab.

#### Kinesiology Major – B.S.

##### Program Prerequisites:

The B.S. in Kinesiology requires 9 units of prerequisite courses: Minimum 3 units of Human Anatomy & Physiology and 6 units of performance courses with 1 unit from each performance area below:

##### Select 1 unit from each performance areas below (total of 6 units):

- Aquatics (1 unit)
- Fitness (1 unit)
- Individual Sports (1 unit)
- Martial Arts/Combative (1 unit)
- Racquet Sports (1 unit)
- Team Sports (1 unit)

\*\* See [www.assist.org](http://www.assist.org) for complete list of courses that fulfill each performance area

##### Recommended courses for preparation:

|                |      |  |     |
|----------------|------|--|-----|
| A&P            | 120  | Introduction to Human Anatomy and Physiology | 4   |
| <i>or</i> A&P  | 150* | Introduction to Human Anatomy                | (4) |
| <i>and</i> A&P | 151* | Introduction to Human Physiology             | 4   |
| KIN            | 100  | Introduction to Kinesiology                  | 3   |

\* Required for Clinical Movement Science Option

#### California State University – Long Beach

This CSULB major has “major-specific admission requirements” which means that **CSULB will require the specified courses to be completed for admission** if a student is not completing an AAT or AST degree deemed “similar” by CSULB. **These criteria will be used for Fall 2021 and Spring 2022 admission consideration. Admission criteria are subject to change for future admission cycles.** If a major is highly impacted, it will be noted in the description of each major and additional supplemental criteria and requirements are indicated in the major specific details <https://www.csulb.edu/admissions/major-specific-requirements-for-transfer-students> See your counselor for more information.

# CERRITOS COLLEGE

## KINESIOLOGY (*formerly PHYSICAL EDUCATION*)

### TRANSFER PREPARATION

**California State University – Long Beach (cont.)**

**CSULB offers the following Kinesiology majors: Exercise Science, Fitness, Physical Education, and Sports Psychology and Leadership.**

The B.S. in Athletic Training transitioned to a Master's Degree program (MSAT)

See information about the program, including prerequisites and application timeline, here:

<https://www.csulb.edu/college-of-health-human-services/kinesiology/graduate-degree-programs/master-of-science-athletic>

#### **Kinesiology Major – B.S.**

##### **Common Core Requirements for ALL Kinesiology Options:**

|               |     |                                  |     |
|---------------|-----|----------------------------------|-----|
| A&P           | 150 | Introduction to Human Anatomy    | 4   |
| <i>or</i> A&P | 200 | Human Anatomy                    | (5) |
| A&P           | 151 | Introduction to Human Physiology | 4   |
| <i>or</i> A&P | 201 | Human Physiology                 | (4) |
| KIN           | 100 | Introduction to Kinesiology      | 3   |

##### **ADDITIONAL REQUIREMENTS FOR SPECIFIC OPTIONS:**

###### **Exercise Science Option:**

|                |     |                             |     |
|----------------|-----|-----------------------------|-----|
| CHEM           | 111 | General Chemistry           | 5   |
| CHEM           | 112 | General Chemistry           | 5   |
| MATH           | 114 | College Algebra             | 4   |
| <i>or</i> MATH | 155 | Precalculus Math            | (5) |
| PHYS           | 101 | General Physics             | 4   |
| PHYS           | 102 | General Physics             | 4   |
| PSYC           | 101 | General Intro to Psychology | 3   |

###### **Elective Courses: see Counselor for best options**

|                 |     |   |   |
|-----------------|-----|---|---|
| BIOL            | 120 | Introduction to Biological Science          | 4 |
| BIOL            | 200 | Principles of Biology                       | 5 |
| <i>and</i> BIOL | 201 | Principles of Biology                       | 5 |
| HO              | 152 | Normal and Therapeutic Nutrition            | 3 |
| MA              | 161 | Medical Terminology                         | 3 |
| MICR            | 200 | Principles and Applications of Microbiology | 5 |

###### **Education Option:**

|     |     |                       |   |
|-----|-----|-----------------------|---|
| PEX | 147 | Personal Self Defense | 1 |
|-----|-----|-----------------------|---|

###### **Fitness Option:**

|                |     |                                  |     |
|----------------|-----|----------------------------------|-----|
| HO             | 152 | Normal and Therapeutic Nutrition | 3   |
| PSYC           | 101 | General Introductory Psychology  | 3   |
| MATH           | 112 | Elementary Statistics            | 4   |
| <i>or</i> PSYC | 210 | Elementary Statistics            | (4) |

# CERRITOS COLLEGE

## KINESIOLOGY (*formerly PHYSICAL EDUCATION*)

### TRANSFER PREPARATION

#### California State University – Long Beach (cont.)

Take 4 physical activity units. See [www.assist.org](http://www.assist.org) for details.

#### Elective Courses:

|     |     |                                   |   |
|-----|-----|-----------------------------------|---|
| KIN | 102 | Introduction to Athletic Training | 4 |
|-----|-----|-----------------------------------|---|

#### Sport Psychology and Leadership Option:

|                |     |                                  |     |
|----------------|-----|----------------------------------|-----|
| KIN            | 100 | Introduction to Kinesiology      | 3   |
| HO             | 152 | Normal and Therapeutic Nutrition | 3   |
| PSYC           | 101 | General Introductory Psychology  | 3   |
| MATH           | 112 | Elementary Statistics            | 4   |
| <i>or</i> PSYC | 210 | Elementary Statistics            | (4) |

Take 3 physical activity courses. See [www.assist.org](http://www.assist.org) for details.

#### Major electives for Sports Psychology option:

|               |     |                               |     |
|---------------|-----|-------------------------------|-----|
| PSYC          | 220 | Research Methods              | 4   |
| PSYC          | 241 | Introduction to Psychobiology | 3   |
| HED           | 110 | Community First Aid and CPR   | 3   |
| <i>or</i> KIN | 110 | Community First Aid and CPR   | (3) |
| HO            | 245 | Drugs and Behavior            | 3   |

#### Major electives for Leadership option:

|               |     |                             |     |
|---------------|-----|-----------------------------|-----|
| HED           | 110 | Community First Aid and CPR | 3   |
| <i>or</i> KIN | 110 | Community First Aid and CPR | (3) |
| HO            | 245 | Drugs and Behavior          | 3   |

#### California State University – Northridge

**The Kinesiology major offers the following options: Physical Education, Sports Studies, Exercise Science, Applied Fitness and Active Lifestyle Development, and Dance**

The B.S. in Athletic Training transitioned to a Master's Degree program (MSAT). According to CSUN, "The program is scheduled to begin May 25, 2021, and applications will be accepted starting Summer, 2020."

See information about the program, including prerequisites and application timeline, here:

<https://www.csun.edu/health-human-development/kinesiology/atms>

#### Kinesiology Major – B.S.

##### All Options:

|                |     |                                    |     |
|----------------|-----|------------------------------------|-----|
| A&P            | 150 | Introduction to Human Anatomy      | 4   |
| <i>and</i> A&P | 151 | Introduction to Human Physiology   | 4   |
| BIOL           | 120 | Introduction to Biological Science | 4   |
| MATH           | 112 | Elementary Statistics              | 4   |
| <i>or</i> PSYC | 210 | Elementary Statistics              | (4) |
| KIN            | 100 | Introduction to Kinesiology        | 3   |

# CERRITOS COLLEGE

## KINESIOLOGY (*formerly PHYSICAL EDUCATION*)

### TRANSFER PREPARATION

#### California State University – Northridge (cont.)

**1 unit from each performance areas below:**

Dance (1 unit) \*\*

Fitness (1 unit) \*\*

Sport (1 unit) \*\*

\*\* See [www.assist.org](http://www.assist.org) for complete list of courses that fulfill each performance area

#### ADDITIONAL REQUIREMENTS FOR SPECIFIC OPTIONS:

##### Exercise Science Option:

|            |          |                       |     |
|------------|----------|-----------------------|-----|
| BIOL       | 200      | Principles of Biology | 5   |
| <b>and</b> | BIOL 201 | Principles of Biology | 5   |
| CHEM       | 110      | Elementary Chemistry  | 4   |
| <b>or</b>  | CHEM 111 | General Chemistry     | (5) |
| PHYS       | 101      | General Physics       | 4   |

##### Applied Fitness and Active Lifestyle Development Option:

|            |          |                                  |   |
|------------|----------|----------------------------------|---|
| BIOL       | 200      | Principles of Biology            | 5 |
| <b>and</b> | BIOL 201 | Principles of Biology            | 5 |
| HO         | 152      | Normal and Therapeutic Nutrition | 3 |
| PSYC       | 101      | General Intro to Psychology      | 3 |

#### California State University – Los Angeles

This CSULA major has “major-specific admission requirements” which are focused on transfer student preparation that predicts success in the major and promotes timely degree completion. The criteria below reflect the current criteria as well as changes that will be used for the Fall 2021 admission cycle. The criteria listed will be reviewed annually for future admission cycles.

For Fall term admission, coursework must be completed no later than the prior Spring term. For Spring term admission, coursework must be completed no later than the prior Summer term.

**Be aware:** Cal State LA currently only considers transfer students for Fall admission. Should additional spaces be available, Spring term applications may be considered in the future.

CSULA is also publishing courses that meet their diversity requirement. Please consider adding these courses as well. Although there appears to be the same seven course options for many majors, there are some exceptions so please check your major using [www.assist.org](http://www.assist.org)

Here is the link:

<https://www.calstatela.edu/admissions/major-specific-criteria>

CSULA offers a B.S. in Exercise Science and a B.S. in Kinesiology

##### Exercise Science Major – B.S.

|           |         |                                  |     |
|-----------|---------|----------------------------------|-----|
| A&P       | 150     | Introduction to Human Anatomy    | 4   |
| <b>or</b> | A&P 200 | Human Anatomy                    | (5) |
| A&P       | 151     | Introduction to Human Physiology | 4   |
| <b>or</b> | A&P 201 | Human Physiology                 | (4) |

# CERRITOS COLLEGE

## KINESIOLOGY (*formerly PHYSICAL EDUCATION*)

### TRANSFER PREPARATION

#### California State University – Los Angeles (cont.)

|                 |     |                                 |   |
|-----------------|-----|---------------------------------|---|
| BIOL            | 200 | Principles of Biology           | 5 |
| <i>and</i> BIOL | 201 | Principles of Biology           | 5 |
| CHEM            | 111 | General Chemistry               | 5 |
| CHEM            | 112 | General Chemistry               | 5 |
| PSYC            | 101 | General Introductory Psychology | 3 |
| PHYS            | 101 | General Physics                 | 4 |

#### Take 6-7 units from:

|      |     |                  |   |
|------|-----|------------------|---|
| MATH | 114 | College Algebra  | 4 |
| MATH | 140 | Trigonometry     | 3 |
| MATH | 155 | Precalculus Math | 5 |

#### Electives:

|      |     |  |   |
|------|-----|--|---|
| MICR | 200 | Principles and Application of Microbiology | 5 |
|------|-----|--|---|

#### Kinesiology Major – B.S.

The Kinesiology B.S. has four options: Exercise and Human Performance, Rehabilitation and Therapeutic Exercise, Community Leadership of Physical Activity, and Subject Matter Preparation for Single Subject Teaching Credential.

#### Lower Division Required Courses

|               |     |                                   |     |
|---------------|-----|-----------------------------------|-----|
| A&P           | 150 | Introduction to Human Anatomy     | 4   |
| <i>or</i> A&P | 200 | Human Anatomy                     | (5) |
| A&P           | 151 | Introduction to Human Physiology  | 4   |
| <i>or</i> A&P | 201 | Human Physiology                  | (4) |
| KIN           | 100 | Introduction to Kinesiology       | 3   |
| CHEM          | 100 | Introduction to Chemistry         | 4   |
| MATH          | 114 | College Algebra                   | 4   |
| PSYC          | 101 | General Introductory Psychology   | 3   |
| SOC           | 101 | Introductory Sociology Principles | 3   |

#### CAREER OPPORTUNITIES

Coach, fitness director YMCA and YWCA, outdoor education programs, instructor in private and public camps, rehabilitation centers, teacher/athletic trainer, sports medicine clinics, sports education, sports psychologist, physical therapist, community, county, state recreation departments, physical education credential teacher (elementary or secondary).