

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.

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.

CSUDH 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

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California State University – Dominguez Hills (cont.)

Pre-Physical Therapy Option:

BIOL	201	Principles of Biology	5
CHEM	111	General Chemistry	5
and CHEM	112	General Chemistry	5
PHYS	101	General Physics	4

Teaching Option:

15 units of activity units:

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

Select ONE course from the following:

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

Select TWO courses from the following:

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

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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 and Physical Activity Promotion, Gerokinesiology, Sport Studies, Strength and Conditioning, Teacher Education, and Pre-Allied Health.**

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.

Program Prerequisites:

Performance Courses (6 units)- At least 1 course from:

- Aquatics (1 unit)
- Individual Sports (1 unit)
- Team Sports (1 unit)

** See www.assist.org for complete list of courses that fulfill each performance area

A&P	120	Introduction to Human Anatomy and Physiology	4
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 Pre-Allied Health Concentration only

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 2024 and Spring 2025 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.

CSULB offers the following Kinesiology options: Exercise Science, Physical Education, Fitness, and Sport 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>

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California State University – Long Beach-(cont.)

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

Physical Education Option:

PEX	147	Personal Self Defense	1
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Fitness Option:

HO	152	Normal and Therapeutic Nutrition	3
PSYC	101	General Introductory Psychology	3
MATH	112	Elementary Statistics	4
<i>or</i> MATH	112S	Enhanced Elementary Statistics	(4.5)
<i>or</i> PSYC	210	Elementary Statistics	(4)

Complete 4 units of physical activity. See www.assist.org for a complete list of courses.

Elective Courses:

KIN	102	Introduction to Athletic Training	4
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Sport Psychology and Leadership Option:

HO	152	Normal and Therapeutic Nutrition	3
PSYC	101	General Introductory Psychology	3

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California State University – Long Beach (cont.)

MATH	112	Elementary Statistics	4
<i>or</i> MATH	112S	Enhanced Elementary Statistics	(4.5)
<i>or</i> PSYC	210	Elementary Statistics	(4)

Complete 3 units of physical activity. See www.assist.org for a complete list of courses.

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)

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> MATH	112S	Enhanced Elementary Statistics	(4.5)
<i>or</i> PSYC	210	Elementary Statistics	(4)
KIN	100	Introduction to Kinesiology	3
BIOL	200*	Principles of Biology	5
<i>and</i> BIOL	201*	Principles of Biology	5

*Alternate biology pathway for students interested in pursuing graduate study in allied health-related programs such as physical therapy or medicine. Please refer to assist.org for details.

1 unit from each performance areas below:

- Dance (1 unit) **
- Fitness (1 unit) **
- Sport (1 unit) **

** See www.assist.org for complete list of courses that fulfill each performance area

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California State University – Northridge (cont.)

ADDITIONAL REQUIREMENTS FOR SPECIFIC OPTIONS:

Exercise Science Option:

CHEM	110	Elementary Chemistry	4
or CHEM	111	General Chemistry	(5)
PHYS	101	General Physics	4

Applied Fitness and Active Lifestyle Development Option:

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 Fall 2024 and Spring 2025 admission. 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.

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

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
or A&P	200	Human Anatomy	(5)
A&P	151	Introduction to Human Physiology	4
or A&P	201	Human Physiology	(4)
BIOL	200	Principles of Biology	5
and 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

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California State University – Los Angeles (cont.)

Electives:

MICR	200	Principles and Application of Microbiology	5
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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).