

CERRITOS COLLEGE

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	Physical Anthropology	4
KIN	100 (<i>formerly PE 114</i>)	Introduction to Kinesiology	3

LOWER DIVISION MAJOR PREPARATION FOR SPECIFIC TRANSFER INSTITUTIONS

California State University – Dominguez Hills

Common Core Requirements for Physical Education Major

A&P	150	Introduction to Human Anatomy	4
and A&P	151	Physical Anthropology	4
or A&P	200	Human Anatomy	(4)
and A&P	201	Physical Anthropology	4
KIN	100 (<i>formerly PE 114</i>)	Introduction to Kinesiology	3

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

Fitness Director Option:

7 units of activity units:

PEX	111 (<i>formerly PE 132A</i>)	Low Impact Aerobics	1.5
or PEX	112 (<i>formerly PE 133</i>)	Step Aerobics	(1.5)
or PEX	116 (<i>formerly PE 134</i>)	Water Aerobics	(1)
PEX	149 (<i>formerly PE 161A</i>)	Tae Kwon Do, Beginning	1
or PEX	249 (<i>formerly PE 161B</i>)	Tae Kwon Do, Intermediate/Advanced	(2)
PEX	124 (<i>formerly PE 143</i>)	Personal Fitness Program	1
or PEX	145 (<i>formerly PE 135A</i>)	Circuit Weight Training, Beginning	(1)
or PEX	245 (<i>formerly PE 135B</i>)	Circuit Weight Training, Intermediate/Advanced	(2)
PEX	185 (<i>formerly PE 150A</i>)	Swimming, Beginning	1
or PEX	284 (<i>formerly PE 150B</i>)	Swimming, Intermediate	(2)
or PEX	285 (<i>formerly PE 150C</i>)	Swimming Advanced	(2)
KIN	104 (<i>formerly PE 141</i>)	Fitness and Wellness	3

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California State University – Dominguez Hills (cont.)

Teaching Option:

15 units of activity units:

DANC	125	<i>(formerly PE 193)</i>	Introduction to Ballroom Dance	2
or DANC	121	<i>(formerly PE 196)</i>	Latin Social Dance	(2)
KIN	104	<i>(formerly PE 141)</i>	Fitness and Wellness	3
or PEX	112	<i>(formerly PE 133)</i>	Step Aerobics	(1.5)
or PEX	116	<i>(formerly PE 134)</i>	Water Aerobics	(1)
PEX	161	<i>(formerly PE 154A)</i>	Badminton, Beginning	1
or PEX	261	<i>(formerly PE 154B)</i>	Badminton, Intermediate/Advanced	(2)
PEX	176	<i>(formerly PE 156A)</i>	Golf, Beginning	1
or PEX	276	<i>(formerly PE 156B)</i>	Golf, Intermediate/Advanced	(2)
PEX	185	<i>(formerly PE 150A)</i>	Swimming, Beginning	1
or PEX	284	<i>(formerly PE 150B)</i>	Swimming, Intermediate	(2)
or PEX	285	<i>(formerly PE 150C)</i>	Swimming, Advanced	(2)
PEX	189	<i>(formerly PE 159A)</i>	Tennis, Beginning	1
or PEX	288	<i>(formerly PE 159B)</i>	Tennis, Intermediate	(2)
or PEX	289	<i>(formerly PE 159C)</i>	Tennis, Advanced	(2)
PEX	149	<i>(formerly PE 161A)</i>	Tae Kwon Do, Beginning	1
or PEX	249	<i>(formerly PE 161B)</i>	Tae Kwon Do, Intermediate/Advanced	(2)

Select ONE course from the following:

PEX	124	<i>(formerly PE 143)</i>	Personal Fitness Program	1
or PEX	145	<i>(formerly PE 135A)</i>	Circuit Weight Training, Beginning	(1)
or PEX	245	<i>(formerly PE 135B)</i>	Circuit Weight Training, Intermediate/Advanced	(2)

Select TWO courses from the following:

PEX	181	<i>(formerly PE 171A)</i>	Softball, Beginning	1
or PEX	281	<i>(formerly PE 171B)</i>	Softball, Intermediate/Advanced	(2)
PEX	191	<i>(formerly PE 172D)</i>	Volleyball, Introduction	1
or PEX	291	<i>(formerly PE 172B)</i>	Volleyball, Intermediate	(2)
or PEX	292		Volleyball, Advanced	(2)
PEX	166	<i>(formerly PE 176A)</i>	Basketball, Beginning	1
or PEX	265		Basketball, Intermediate	(2)
or PEX	263		Basketball, Intermediate/Advanced	(2)
or PEX	266	<i>(formerly PE 176B)</i>	Basketball, Advanced	(2)
PEX	178	<i>(formerly PE 179A)</i>	Soccer, Beginning	1
or PEX	278	<i>(formerly PE 179B)</i>	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

CERRITOS COLLEGE PHYSICAL EDUCATION TRANSFER PREPARATION

California State University – Fullerton (cont.)

The B.S. in Athletic Training has transitioned to a Master's Degree program.

See information about the program here:

<http://atp.fullerton.edu/ProspectiveStudents/MSATDegreeinformation.htm> Prerequisite and application information can be found under Prospective Students tab.

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 six (6) units from the following:

Aquatics (1 unit)

Fitness (1 unit)

Individual Sports (1 unit)

Martial Arts/Combative (1 unit)

Racquet Sports (1 unit)

Team Sports (1 unit)

Recommended courses for preparation:

A&P	120	Introduction to Human Anatomy and Physiology	4
or A&P	150*	Introduction to Human Anatomy	(4)
and A&P	151*	Introduction to Human Physiology	4
KIN	100 (formerly PE 114)	Introduction to Kinesiology	3

*Recommended 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. See your counselor for more information. Here is the link:

<http://www.csulb.edu/admissions/fall-2020-major-specific-requirements-for-transfer-students>

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

The B.S. in Athletic Training has transitioned to a Master's Degree program effective Fall 2020.

See information about the program here:

<http://web.csulb.edu/colleges/chhs/departments/kin/athletic-training/>

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California State University – Long Beach (cont.)

Kinesiology Major-B.S.

Common Core Requirements for 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	200	Human Anatomy	(4)
PSYC	101	General Introductory Psychology	3
KIN	100 (<i>formerly PE 114</i>)	Introduction to Kinesiology	3

ADDITIONAL REQUIREMENTS:

Exercise Science Option:

CHEM	111	General Chemistry	5
CHEM	112	General Chemistry	5
MATH	114	College Algebra	4
<i>or</i> MATH	115	Finite Mathematics	(4)
<i>or</i> MATH	116	Calculus for Managerial, Biological and Social Science	(4)
<i>or</i> MATH	155	Precalculus Math	(5)
<i>or</i> MATH	170	Analytic Geometry and Calculus I	(4)
PHYS	101	General Physics	4
PHYS	102	General Physics	4
PSYC	101	General Intro to Psychology	3

Elective Courses: see counselor

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

Fitness Option:

HO	152	Normal and Therapeutic Nutrition	3
MATH	112	Elementary Statistics	4
<i>or</i> PSYC	210	Elementary Statistics	(4)

Take 7 physical activity units (must select seven different classes). See www.assist.org for details.

Elective Courses: see counselor

KIN	102 (<i>formerly PE 107</i>)	Introduction to Athletic Training	4
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Sport Psychology and Leadership Option:

KIN	100 (<i>formerly PE 114</i>)	Introduction to Kinesiology	3
HO	152	Normal and Therapeutic Nutrition	3

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California State University – Long Beach (cont.)

MATH	112	Elementary Statistics	4
or PSYC	210	Elementary Statistics	(4)

Take 3 physical activity units. See www.assist.org for details.

Sports Psychology option major electives:

PSYC	220	Research Methods	4
PSYC	241	Introduction to Psychobiology	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 will be transitioning to a Master's Degree program. According to CSUN, "Athletic Training Program/Major will accept its last cohort for the B.S. in Athletic Training in Spring 2020 and plans to accept the first cohort for the proposed M.S. in Athletic Training in Fall 2021"

Kinesiology Major – B.S.

All Options:

A&P	150	Introduction to Human Anatomy	4
and A&P	151	Introduction to Human Physiology	4
BIOL	120	Introduction to Biological Science	4
MATH	112	Elementary Statistics	4
or PSYC	210	Elementary Statistics	(4)
KIN	100	<i>(formerly PE 114)</i> Introduction to Kinesiology	3

ADDITIONAL REQUIREMENTS:

Exercise Science Option:

BIOL	200	Principles of Biology	5
and BIOL	201	Principles of Biology	5
or CHEM	110	Elementary Chemistry	(4)
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

Exercise Science, Sports Studies, Applied Fitness and Active Lifestyle Development, and Dance all require ONE Dance activity and ONE Physical activity class. See www.assist.org for the list of classes that meet this requirement.

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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 admission, coursework must be completed no later than the prior Summer term. Here is the link: www.calstatela.edu/admissions/major-specific-criteria.

Students are advised to complete ENGL 103 as their CSU GE Critical Thinking requirements. This will also meet a graduation requirement at CSULA as the prerequisite for their writing proficiency requirement.

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

Exercise Science Major – B.S.

A&P	200	Human Anatomy	5
and	A&P 201	Human Physiology	5
or	A&P 150	Introduction to Human Anatomy	4
and	A&P 151	Introduction to 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
CHEM	211	Organic Chemistry	5
CHEM	212	Organic Chemistry	5
MICR	200	Principles and Application of Microbiology	5
MATH	140	Trigonometry	3
MATH	155	Precalculus Math	5
PSYC	101	General Introductory Psychology	3
PHYS	100	Elementary Physics	4
PHYS	101	General Physics	4

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	200	Human Anatomy	5
A&P	201	Human Physiology	5
or	A&P 150	Introduction to Human Anatomy	4
and	A&P 151	Introduction to Human Physiology	4
KIN	100	(formerly PE 114) Introduction to Kinesiology	3

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California State University – Los Angeles – cont.

MATH	155	Precalculus Math	5
<i>or</i> MATH	114	College Algebra	4
PHYS	100	Elementary Physics	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).