

# Physical Education AA Coursework Roadmap

## Instructions:

Be sure to work with a counselor to make sure that your choices work for all of your intended transfer institutions.

1. Take GUIDE 111.
2. Take KIN 100.
3. Take KIN 106.
4. Take MATH 134 (may need MATH 34 and/or Math 135), PSYCH 121<sup>1</sup>, or MATH 89<sup>2</sup>.
5. Pick one course from the list of General Education Options –MJC GE: Area C table/CSU GE: Area C.
6. Take an elective course numbered 100-299.
7. Take KIN 102.
8. Take HE 101
9. Pick a PE Activities Class with a prefix of DANCE, PEA, PEC, PEM, PEVM or PEVW, or PEW. (see table)
10. Take ENGL 100 or 101.
11. Pick one course from the list of General Education Options –MJC GE: Area B table/CSU GE: Area D.

<sup>1</sup> PSYCH 121 has a prerequisite of MATH 89 or MATH 90.

<sup>2</sup> MATH 89 cannot be used to transfer to a CSU or UC

## Course Selections:

Course Selections:	Units	Term
1. GUIDE 111	<u>1</u>	_____
2. KIN 100	<u>3</u>	_____
3. KIN 106	<u>3</u>	_____
4. MATH 134(& 34 and/or 135) or PSYCH 121 or MATH 89	<u>3-6</u>	_____
5. _____ general education selection	<u>3</u>	_____
6. _____ elective selection	_____	_____
7. KIN 102	<u>3</u>	_____
8. HE 101	<u>3</u>	_____
9. _____ PE activities selection	<u>1-3</u>	_____
10. ENGL 100 or 101	<u>3 or 5</u>	_____
11. _____ general education selection	<u>3-5</u>	_____

# Physical Education AA Coursework Roadmap

## Physical Education AA Elective Courses – Complete Two Courses

Course #	Course Title
KIN 103	Sports and Society
KIN 104	Coaching Effectiveness
KIN 105	Introduction to Sports Management
KIN 107	Application of Sports Medicine
KIN 114	Personal Trainer Health Fitness Instructor
KIN 117	Offensive Basketball Theory
KIN 118	Defensive Basketball Theory
KIN 120	Basketball Theory
KIN 121	Offensive Football Theory
KIN 122	Defensive Football Theory
KIN 123	Football Team Play Concepts
KIN 125	Cross Country Concepts
KIN 127	Track and Field Team Concepts
KIN 129	Wrestling Theory
REC 100	Introduction to Recreation and Leisure
REC 110	Social Recreation Leadership
HE 118	Exercise and Nutrition for Healthy Living

## Physical Education AA Activities Courses - Complete 1-3 Units

### Prefix: Course #'s

**DANCE:** 111, 112, 113, 114, 121, 122, 123, 124, 131, 132, 133 & 141

**PEA** 104, 106, 107, 108, 119 & 141

**PEC** 102, 108, 128, 131, 135, 140, 143, 144, 145, 147, 148, 157, 159, 160, 161, 162, 163, 164, 165, 168, 170, 171, 175, 176, 178, 179, 182, 183, 184, 186, 187, 190, 191, 192, 195 & 197

**PEM** 108, 112, 113, 114, 140, 141XA, 162, 163 & 196

**PEVM** 100, 105, 106, 107XABC, 110, 111XABC, 115, 116XABC, 120, 122, 125, 130, 131XABC, 135, 140, 145, 146XABC & 147 XABC

**PEVW** 100, 101, 102XABC, 103, 104XABC, 115, 116XABC, 120, 121XABC, 123, 124XABC, 125, 130, 135, 136XABC, 140, 141XABC, 145 & 147XABC

**PEW** 166, 167, 180 & 192

## General Education Options – MJC GE: C/CSU GE: Area C

Course #	Course Title	Other GE Area(s)
ART 160	Appreciation of Art	MJC GE: C / CSU GE: C1
COMM 132	Introduction to Mass Communication	MJC GE: C / CSU GE: C1
HUMAN 101	Introduction to the Humanities	MJC GE: C / CSU GE: C1
MUSG 101	Music Appreciation	MJC GE: C / CSU GE: C1
PHILO 101	Philosophy	MJC GE: C / CSU GE: C2
SPAN 101	Spanish 1	MJC GE: C / CSU GE: C2
SIGN 125	ASL: Beginning Communication with the Deaf	MJC GE: C / CSU GE: C2

These are recommendations from area faculty. Alternative selections can be made using MJC's general education lists in the catalog. Please see your counselor for assistance in choosing alternate courses.

## General Education Options – MJC GE: B/CSU GE: Area D

Course #	Course Title	Other GE Area(s)
ANTHR 102	Cultural Anthropology -or-	MJC GE: B / CSU GE: D
ANTHR 104	Linguistic Anthropology	MJC GE: B / CSU GE: D
FAMLF 131	Family Relationships	MJC GE: B / CSU GE: D
HE 112	Introduction to Public Health	MJC GE: B / CSU GE: D
HE 114	Health & Social Justice	MJC GE: B / CSU GE: D
HE 115	Drugs, Health& Society	MJC GE: B / CSU GE: D
PSYCH 101	General Psychology	MJC GE: B / CSU GE: D
SOCIO 101	Introduction to Sociology -or-	MJC GE: B / CSU GE: D
SOCIO 125	Sociology of the Family -or-	MJC GE: B / CSU GE: D
SOCIO 150	Ethnicity and Culture in America	MJC GE: B / CSU GE: D

These are recommendations from area faculty. Alternative selections can be made using MJC's general education lists in the catalog. Please see your counselor for assistance in choosing alternate courses.

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## Instructions:

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12. Take HE 110 or HE 111.
13. Pick a Kinesiology AA Elective table course.
14. Take an elective course numbered 100-299 or a CSU GE: Area C course.
15. Take an elective course numbered 100-299 or a CSU GE: Area D, Group a course.
16. Take an elective course numbered 100-299 or COMM 100 or COMM 102.
17. Pick a Kinesiology AA Elective table course.
18. Pick a PE Activities Class with a prefix of DANCE, PEA, PEC, PEM, PEVM or PEVW, or PEW. (see table)
19. Take an elective course numbered 100-299 or a CSU GE: Area A3 course.
20. Take an elective course numbered 100-299 or a CSU GE: Area D, Group b course.
21. Take an elective course numbered 100-299 or a CSU GE: Area B1 course.
22. Take an elective course numbered 100-299 or a CSU GE: Area C course.
23. Take an elective course numbered 100-299 until you reach 60 units.

Course Selections:	Units	Term
12. HE 110 or HE 111	<u>3</u>	_____
13. _____ <small>AA elective selection</small>	<u>3</u>	_____
14. _____ <small>elective selection</small>	_____	_____
15. _____ <small>elective selection</small>	_____	_____
16. _____ <small>elective selection</small>	_____	_____
17. _____ <small>AA elective selection</small>	_____	_____
18. _____ <small>PE activities selection</small>	<u>1-3</u>	_____
19. _____ <small>elective selection</small>	_____	_____
20. _____ <small>elective selection</small>	_____	_____
21. _____ <small>elective selection</small>	_____	_____
22. _____ <small>elective selection</small>	_____	_____
23. _____ <small>elective selection</small>	_____	_____
<b>Expected Term of Graduation</b>	_____	_____