

Kinesiology AAT 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 BIO 116¹ or AAT List A selection.
2. Take KIN 100.
3. Take MATH 134 (may need MATH 34 and/or Math 135) or PSYCH 121.²
4. Pick one course from the list of General Education Options –CSU GE: Area C1/ IGETC Area 3A table.
5. Take ENGL 100 or 101.
6. Take ANAT 125
7. Pick a course from one of the areas on the Movement Based Courses AAT table. (recommended: Fitness)
8. Pick one course from the list of General Education Options –CSU GE: Area D/ IGETC Area 4 table.
9. Pick one course from the list of General Education Options –CSU GE: Area C2/ IGETC Area 1B table.
10. Take COMM 100 or 102.

¹ BIO 116 is recommended by area faculty.

² PSYCH 121 has a prerequisite of MATH 89 or MATH 90.

Course Selections:

Course Selections:	Units	Term
1. BIO 116 or _____ <small>AAT List A selection</small>	<u>4</u>	_____
2. KIN 100	<u>3</u>	_____
3. MATH 134 (& 34 and/or 135) or PSYCH 121	<u>3-6</u>	_____
4. _____ <small>general education selection</small>	<u>3</u>	_____
5. ENGL 100 or 101	<u>3 or 5</u>	_____
6. ANAT 125	<u>4</u>	_____
7. _____ <small>AAT Areas of Movement selection</small>	<u>1</u>	_____
8. _____ <small>general education selection</small>	<u>3</u>	_____
9. _____ <small>general education selection</small>	<u>3</u>	_____
10. COMM 100 or 102	<u>3</u>	_____

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Kinesiology AAT List A Courses – Select Two Courses

Course #	Course Title	Units
Elective Technique Courses – Complete 5 units		
BIO 116	Biology: A Human Perspective	4
CHEM 143 CHEM 101	Introduction to College Chemistry -or- General Chemistry	4 5
HE 101	Emergency Medical Response; CPR Pro/Healthcare Pro	3
MATH 134 SOCIO 105	Elementary Statistics -or- Introduction to Statistics for the Social & Beh Sciences	4 3

General Education Options – CSU GE: C/IGETC: 3

Course #	Course Title	GE Area(s)
ART 160	Appreciation of Art	CSU GE: C1 / IGETC: 3A
COMM 132	Introduction to Mass Communication	CSU GE: C1 / IGETC: 3A
HUMAN 101	Introduction to the Humanities	CSU GE: C2 / IGETC: 3B
MUSG 101	Music Appreciation	CSU GE: C1 / IGETC: 3A
PHILO 101	Philosophy	CSU GE: C2 / IGETC: 3B
SPAN 101	Spanish 1	CSU GE: C2 / IGETC: 6A ¹
SIGN 125	ASL: Beginning Communication with the Deaf	CSU GE: C2 / IGETC: 6A ¹

¹ If you are choosing this course and plan to transfer to a UC choose an additional IGETC: 3B class as step 20.

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.

Kinesiology AAT Movement Based Courses - Select Three Courses from Three Different Areas

Course #	Course Title	Units
Aquatics		
PEC 108	Deep Water Aerobics	1
PEC 168	Beginning Swimming	1
PEC 170	Advanced Swimming	1
PEC 171	Swim for Fitness	1
Fitness		
PEC 128	Aerobics	1
PEC 140	Exercise for Fitness	1
PEC 148	Yoga for Better Health	1
PEC 187	Pilates for Fitness	1
PEC 195	Weight Training	1
Individual Sports		
PEC 143	Beginning Golf	1
PEC 175	Beginning Tennis	1
PEC 176	Intermediate Tennis	1
Team Sports		
PEC 183	Volleyball	1
PEC 184	Power Volleyball	1
PEC 186	Intermediate Volleyball	1

Kinesiology AAT Coursework Roadmap

General Education Options – CSU GE Area D

Course #	Course Title	GE Area(s)
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To meet the US History, Constitution, and American Ideals requirement you must take either one course from Group a and one course from Group b or take both HIST 101 and 102

ANTHR 102	Cultural Anthropology -or-	CSU GE: D / IGETC: 4
ANTHR 104	Linguistic Anthropology	CSU GE: D / IGETC: 4
FAMLF 131	Family Relationships	CSU GE: D / IGETC: 4
PSYCH 101	General Psychology	CSU GE: D / IGETC: 4
SOCIO 101	Introduction to Sociology -or-	CSU GE: D / IGETC: 4
SOCIO 125	Sociology of the Family -or-	CSU GE: D / IGETC: 4
SOCIO 150	Ethnicity and Culture in America	CSU GE: D / IGETC: 4

Group a

HIST 101	History of the United States to 1877	CSU GE: D / IGETC: 4
HIST 102	History of the United States since 1865	CSU GE: D / IGETC: 4
HIST 112	20 th Century America	CSU GE: D / IGETC: 4 ¹
HIST 113	Social and Cultural History of the United States Prior to the 20 th Century	CSU GE: D / IGETC: 4 ¹
HIST 115	Economic History of the United States	CSU GE: D / IGETC: 4
HIST 116	Women in American History	CSU GE: D / IGETC: 4
HIST 119	Social and Cultural History or 20 th Century America	CSU GE: D / IGETC: 4 ¹
HIST 154	African Americans through the 19 th Centuries.	CSU GE: D / IGETC: 4
HIST 155	African Americans in the 20 th and 21 st Centuries.	CSU GE: D / IGETC: 4

Group b

POLSC 101	American Politics	CSU GE: D / IGETC: 4
POLSC 102	The Constitution and Rights of Persons	CSU GE: D / IGETC: 4
POLSC 120	California Politics and Problems	CSU GE: D / IGETC: 4

¹ These courses meet the Group a requirement for UCs, but not for CSUs

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 – CSU GE: A3/IGETC: 1B

Course #	Course Title	GE Area(s)
COMM 104	Argumentation	CSU GE: A3/ IGETC: 1B
ENGL 103¹	Advances Composition & Critical Thinking	CSU GE: A3/ IGETC: 1B
PHILO 105	Critical Reasoning and Analytic Writing -or-	CSU GE: A3/ IGETC: 1B
PHILO 107	Philosophy of Science	CSU GE: A3/ IGETC: 1B

¹ ENGL 103 is recommended by counselors for athletes to maintain NCAA transfer eligibility.

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10. Take CHEM 101 or 143.
11. Take HE 110, HE 111, HE 115 or a CSU GE: E course.
12. Take HE 101.¹
13. Pick a course from one of the areas on the Movement Based Courses AAT table. (recommended: Team Sports)
14. Pick one course from the list of General Education Options –CSU GE: Area A3/ IGETC Area 3A table.
15. Pick one course from the list of General Education Options –CSU GE: Area D/ IGETC Area 4 table.
16. PHYSO 101.
17. Pick a course from one of the areas on the Movement Based Courses AAT table. (recommended: Individual Sports)
18. Pick one course from the list of General Education Options –CSU GE: Area D/ IGETC Area 4 table.
19. Pick one course from the list of General Education Options – CSU GE: Area C1 or C2 / IGETC Area 3A or 3B table.
20. If you have not taken at least two years of foreign language in high school and plan to transfer to a UC take an IGETC: Area 6A language course, or if you have not reached 60 units take any elective course numbered between 100-299.

¹ HE 101 not a requirement but is highly recommended by area faculty.

Course Selections:	Units	Term
10. CHEM 143	<u>4 or 5</u>	_____
11. _____ <small>general education selection</small>	<u>3</u>	_____
12. HE 101	<u>3</u>	_____
13. _____ <small>AAT Areas of Movement selection</small>	<u>1</u>	_____
14. _____ <small>general education selection</small>	<u>3 or 5</u>	_____
15. _____ <small>general education selection</small>	<u>3</u>	_____
16. PHYSO 101	<u>4</u>	_____
17. _____ <small>AAT Areas of Movement selection</small>	<u>1</u>	_____
18. _____ <small>general education selection</small>	<u>3</u>	_____
19. _____ <small>general education selection</small>	<u>3 or 5</u>	_____
10. _____ <small>general education or elective selection</small>	_____	_____
Expected Term of Graduation	_____	_____