

## CSU Pathway

### Associate of Arts Degree- Area of Kinesiology, Health & Wellness—CSU PATHWAY

These courses emphasize the principles for the growth and development of a healthy lifestyle. Students will acquire the knowledge and understanding of these principles to integrate and promote personal, individual or group behavior conducive to the maintenance or restoration of mental and physical wellness. This emphasis will provide students with an understanding of physical skills and their development related to physical activity, exercise and sport. Students will also acquire knowledge of decision making and problem solving strategies for self-management as it pertains to leading a productive and healthful lifestyle. This area of emphasis is designed for students interested in making positive life choices and in the study of health, nutrition, and wellness; physical education/kinesiology; athletic training; sport performance, officiating and coaching; career planning and life management; and the biology, anatomy and physiology of the human body.

2017-2018

### KINESIOLOGY, HEALTH AND WELLNESS (NAA498 /NAA498B/NAA498C)

The student must successfully complete **18 units of study with a grade of “C” or better or a “P” if the course is taken on a “pass-no pass” basis.**

INCLUDED DISCIPLINES AND COURSES:

**Required Courses (take three units in each of the two disciplines):**

**Health Science (HES):** 1

**Kinesiology/academic courses (KIN):** 4, 6, 8, 10, 12, 16, 17, 18, 24, 25, 26, 27, 28, 29, 30, 33, 34, 35, 36, 38, 47

**Elective Courses (12 additional units, selected from the following):**

**Anatomy and Physiology (AMY):** 2A, 2B, 10

**Biology (BIO):** 17, 30, 34

**Early Childhood Education (EAR):** 26

**Guidance (GUI):** 45, 46, 47, 48

**Kinesiology/academic courses (KIN):** 4, 6, 8, 10, 12, 16, 17, 18, 24, 25, 26, 27, 28, 29, 30, 33, 34, 35, 36, 38, 47

**Kinesiology/activity courses (KIN):** A03, A04, A07, A09, A11, A12, A13, A20, A21, A28, A29, A30, A31A, A31B, A31C, A40, A41, A43, A44, A46, A47, A54, A55, A57, A62A, A64, A67, A68, A69, A74, A75A, A75B, A77A, A77B, A77C, A80, A81A, A81B, A82, A83, A86, A87, A88, A89A, A89B, A89C, A90A, A90B, A90C, A92

**Kinesiology/varsity courses (KIN):** V01, V02, V04, V05, V06, V07, V08, V09, V10, V11, V12, V14, V18, V19, V20, V21, V22, V23, V24, V25, V26, V33, V34, V50, V51, V52, V53, V60, V61, V70, V78, V94, V95

A course may only be counted once except for KIN activity or varsity courses.

Career paths typically chosen by undergraduate students emphasizing transfer to four year institutions in majors such as Health Science, Nutrition, Physical Education/Kinesiology, Exercise Science, and Recreation and Leisure Studies. Some careers such as Athletic Trainer, Physical Therapist, Exercise Physiologist, Sport Nutritionist, and Physical Education and Health Education teachers may require education beyond the Bachelor’s Degree.

Course	Units
ENGL 1A	4.0
HES 1	3.0
AREA D	3.0
AREA B4	3.0
GUI 47	3.0

Total Units: 16.0

Course	Units
AOE REQUIRED KIN COURSE	3.0
CSU ELECTIVE	3.0
AREA B1/B3	4.0
POL 1	3.0
AREA C1	3.0

Total Units: 16.0

Course	Units
AOE ELECTIVE COURSE	3.0
AOE ELECTIVE COURSE	3.0
AREA A3	3.0
AREA C1/C2	3.0
AREA D	3.0

Total Units: 15.0

Course	Units
AREA A1	3.0
AREA B2	3.0
AOE ELECTIVE COURSE	3.0
HIS 6/7/14/31/34	3.0
CSU ELECTIVE	3.0

Total Units: 15.0

Suggested **CSU Pathway** for AOE in Kinesiology, Health & Wellness

## IGETC Pathway for UC/CSU

### Associate of Arts Degree- Area of Emphasis in - Area of Kinesiology, Health & Wellness —IGETC PATHWAY

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Course	Units
ENGL 1A	4.0
AREA 2	4.0
HES 1	3.0
AREA 4	
GUI 47	3.0
Total Units: 14.0	

Course	Units
ENG 1B	4.0
POL 1	3.0
AREA 5A/5C	4.0
AOE REQUIRED KIN	3.0
Total Units: 14.0	

Course	Units
COM 1/6/9	3.0
AREA 3A/3B	3.0
AREA 4	3.0
AOE ELECTIVE	3.0
AOE ELECTIVE	3.0
Total Units: 15.0	

Course	Units
HIS 6/7/14/31/34	3.0
AREA 3A	3.0
AREA 6	5.0
AOE ELECTIVE	3.0
Total Units: 14.0	

2017-2018

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Suggested IGETC Pathway for AOE in Kinesiology, Health & Wellness