



Exercise Science Program's Recommended Course Sequence 2018 -19 Catalog Year

The following is a suggested two-year course sequence recommended by the department faculty. Note that pre-requisites for courses are not included in this plan, and it is always advisable to meet with a counselor to ensure you are meeting all current requirements.

Associate of Arts Degree for Transfer - Kinesiology

First Year

Fall Term	Units	Spring Term	Units	Summer Term	Units
BIOL 230 Human Anatomy	4.0	EXSC 241B Intro to Kinesiology	3.0		
BIOL 235 Human Physiology	4.0	HEAL 101 Health Education	3.0		
EXSC 139A Weight Training I	1.0	EXSC 158A Basketball I	1.0		
<i>Total Units</i>	9.0	<i>Total Units</i>	7.0	<i>Total Units</i>	0.0

Second Year

Fall Term	Units	Spring Term	Units	Summer Term	Units
MATH 119 Elementary Statistics	3.0	EXSC 242B Care and Prevention of Injuries	3.0		
or PSYC 258 Behavioral Science Statistics	3.0	NUTR 150 Nutrition	3.0		
CHEM 200 General Chemistry I Lecture	3.0	EXSC 126A Cardio Conditioning	1.0		
CHEM 200L General Chemistry I Lab	2.0				
or PHYS 125 General Physics	3.0				
or PHYS 195 Mechanics	5.0				
<i>Total Units</i>	8.0	<i>Total Units</i>	6.0	<i>Total Units</i>	0.0

BOLD: These courses are required for the major