KINESIOLOGY, A.A.-T

An A.A.-T in Kinesiology for Transfer will fulfill the requirements for students to transfer to a CSU university as a Kinesiology major. The courses in the A.A.-T in Kinesiology provide students with an ability to design appropriate programs for health, fitness and competitions, apply principles of exercise assessments, and critique scientific literature, identify exercise protocols, and synthesize information in problem solving as it relates to human movement.

AS.KINE.OPTBAST or AS.KINE.OPTCAST

Program Map

Design Your Future!

Begin by exploring MSJC program maps to find career or transfer (https://msjc.emsicc.com/?radius=®ion=All%20Regions) opportunities. Program maps show the recommended course sequence that leads to graduation or transfer. The maps were developed by program experts to give you the skills and knowledge you need to succeed.

- · Starting in Spring? Choose Fall Semester 1 courses.
- Are you a part-time student? Start Fall Semester 1 courses and follow the course sequence.

CSU: General Education Option B

Fall Semester 1		Units
ENGL-101	College Composition (formerly Freshman Composition)	4
COMM-100	Public Speaking	3
MATH-140	Introduction to Statistics	3
CSCR-100	College Success and Career Readiness	3
PE-195	Introduction to Kinesiology	3
	Units	16
Spring Semester 1		
CHEM-101 or CHEM-107	General Chemistry I or Chemistry of Life	5
ENGL-103 or PHIL-112	Critical Thinking and Writing or Critical Thinking and Composition	3
Select one of the fo	llowing:	1
PE-116	Introduction to Softball (formerly Introduction to Athletic Techniques: Softball)	
PE-133	Individual and Group Sports: Basketball	
PE-134	Introduction to Volleyball	
PE-137	Individual and Group Sports: Soccer	
PE-183	Self-Defense	
BIOL-100 or BIOL-115	Human Biology or Introductory Topics in Biology: Cells to Ecosystems (formerly Topics in Biology)	4
Select one of the following:		1
PE-112	Body Conditioning	
PE-112A	Step Aerobics & Circuit Training (formerly Beginning Step Aerobics)	
PE-113	Introduction to Jogging (formerly Jogging)	

	Total Units	60
	Units	16
PS-103	Ethnic Politics in America	
LIT-280	Multiethnic Literature (formerly ENGL-280)	
LIT-275	Latinx/Chicanx Literature	
HIST-160	Black History in the American Context	
Select one of the fol	lowing:	3
or HIST-108	or The History of East Asia Since 1600	
HIST-107	The History of East Asia Before 1600	3
NUTR-100	Family Nutrition	3
PHIL-101	Introduction to Philosophy I	3
ANAT-102	Human Anatomy & Physiology II	4
Spring Semester 2		
	Units	14
or HIST-112	or U.S. History Since 1865	
HIST-111	U.S. History to 1877	3
PE-132	Beginning Tennis	
DAN-131B	Advanced Beginning Hip Hop	
DAN-131A	Beginning Hip Hop (formerly DAN-131)	
DAN-129	Intermediate Tap Dance	
DAN-126A	Intermediate Modern Dance	
DAN-124	Beginning Tap Dance	
DAN-123A	Beginning Jazz Dance	
DAN-122A	Beginning Modern Dance	
DAN-121A	Beginning Ballet	
DAN-120	Conditioning and Alignment for Dance	
Select one of the fol	lowing:	1
ANAT-101	Human Anatomy & Physiology I	4
PS-101	Introduction to American Government and Politics	3
DAN-100	History and Appreciation of Dance	3
Fall Semester 2		
	Units	14
PE-120	Beginning Yoga	
PE-119B	Intermediate Fitness Walking	
PE-119	Exercise Walking	
PE-114C	Powerlifting	
PE-114B	Strength Training: Free Weights	
PE-114A	Strength Training: Circuit	

NOTE: Major prep will change depending on the transfer institution. Please see a counselor for developing an accurate educational plan.

CSUSM: General Education Option B

Fall Semester 1	-	Units
ENGL-101	College Composition (formerly Freshman Composition)	4
COMM-100	Public Speaking	3
MATH-110 or MATH-140	Pre-Calculus ² or Introduction to Statistics	4
CSCR-100	College Success and Career Readiness	3
PE-195	Introduction to Kinesiology	3
	Units	17

PE-115	Spring Semester 1		
or PHIL-112 or Critical Thinking and Composition HIST-111 or U.S. History to 1877 3 or HIST-112 or U.S. History Since 1865 Select one of the following: 1 PE-116 Introduction to Softball (formerly Introduction to Athletic Techniques: Softball) PE-133 Individual and Group Sports: Basketball PE-134 Introduction to Volleyball PE-137 Individual and Group Sports: Soccer BIOL-100 Human Biology 4 Units 14 Summer 1 CHEM-107 Chemistry of Life 1 5 or CHEM-101 or General Chemistry I Units 5 Fall Semester 2 DAN-100 History and Appreciation of Dance 3 PS-101 Introduction to American Government and Politics ANAT-101 Human Anatomy & Physiology I 4 Select one of the following: 1 DAN-120 Conditioning and Alignment for Dance DAN-121A Beginning Ballet DAN-122A Beginning Modern Dance DAN-124 Beginning Tap Dance DAN-124 Beginning Tap Dance DAN-126 Intermediate Modern Dance DAN-127 Intermediate Tap Dance DAN-128 Beginning Tap Dance DAN-129 Intermediate Tap Dance DAN-131A Beginning Hip Hop (formerly DAN-131) DAN-131B Advanced Beginning Hip Hop PE-132 Beginning Tennis Select one of the following: 3 HIST-160 Black History in the American Context LIT-280 Multiethnic Literature LIT-280 Multiethnic Literature (formerly ENGL-280) PS-103 Ethnic Politics in America Units 14 Spring Semester 2 ANAT-102 Human Anatomy & Physiology II 4 PHIL-101 Introduction to Philosophy I 3 NUTR-100 Family Nutrition 3 HIST-107 The History of East Asia Before 1600 3 or HIST-108 or The History of East Asia Before 1600 3 or HIST-107 The History of East Asia Since 1600 Select one of the following: 1 PE-112 Body Conditioning PE-112 Beginning Step Aerobics) PE-113 Introduction to Jogging (formerly Jogging)	PE-115	First Aid and CPR	3
HIST-111 or HIST-112 U.S. History to 1877 or U.S. History Since 1865 Select one of the following: PE-116 Introduction to Softball (formerly Introduction to Athletic Techniques: Softball) PE-133 Individual and Group Sports: Basketball PE-134 Introduction to Volleyball PE-137 Individual and Group Sports: Soccer BIOL-100 Human Biology 4 Units 14 Summer 1 CHEM-107 Chemistry of Life 1 5 or General Chemistry 1 Units 5 Fall Semester 2 DAN-100 History and Appreciation of Dance 3 PS-101 Introduction to American Government and Politics ANAT-101 Human Anatomy & Physiology 1 4 DAN-120 Conditioning and Alignment for Dance DAN-121A Beginning Ballet DAN-122A Beginning Modern Dance DAN-124 Beginning Jazz Dance DAN-124 Beginning Jazz Dance DAN-125 Intermediate Modern Dance DAN-126 Intermediate Tap Dance DAN-129 Intermediate Tap Dance DAN-131A Beginning Hip Hop (formerly DAN-131) DAN-131B Advanced Beginning Hip Hop PE-132 Beginning Tennis Select one of the following: 3 HIST-160 Black History in the American Context LIT-275 Latinx/Chicanx Literature LIT-280 Multiethnic Literature (formerly ENGL-280) PS-103 Ethnic Politics in America Units 14 Spring Semester 2 ANAT-102 Human Anatomy & Physiology II 4 PHIL-101 Introduction to Philosophy I 3 HIST-100 Family Nutrition 3 HIST-107 The History of East Asia Before 1600 3 or HIST-108 Family Nutrition 3 HIST-107 The History of East Asia Since 1600 Select one of the following: 1 PE-112 Body Conditioning PE-112 Body Conditioning PE-113 Introduction to Jogging (formerly Jogging)		3	3
Select one of the following: PE-116		U.S. History to 1877	3
PE-116 Introduction to Softball (formerly Introduction to Athletic Techniques: Softball) PE-133 Individual and Group Sports: Basketball PE-134 Introduction to Volleyball PE-137 Individual and Group Sports: Soccer BIOL-100 Human Biology 4 Units 14 Summer 1 CHEM-107 Chemistry of Life 1 5 or General Chemistry I Units 5 Fall Semester 2 DAN-100 History and Appreciation of Dance 3 PS-101 Introduction to American Government and Politics ANAT-101 Human Anatomy & Physiology I 4 Select one of the following: 1 DAN-120 Conditioning and Alignment for Dance DAN-121A Beginning Ballet DAN-122A Beginning Modern Dance DAN-124A Beginning Jazz Dance DAN-124B Beginning Tap Dance DAN-124B Reginning Tap Dance DAN-126A Intermediate Modern Dance DAN-129 Intermediate Tap Dance DAN-131A Beginning Hip Hop (formerly DAN-131) DAN-131B Advanced Beginning Hip Hop PE-132 Beginning Tennis Select one of the following: 3 HIST-160 Black History in the American Context LIT-275 Latinx/Chicanx Literature LIT-280 Multiethnic Literature (formerly ENGL-280) PS-103 Ethnic Politics in America Units 14 Spring Semester 2 ANAT-100 Family Nutrition 3 HIST-107 The History of East Asia Before 1600 Select one of the following: 1 PE-112 Body Conditioning PE-113 Introduction to Jogging (formerly Jogging)		·	-
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PE-134 Introduction to Volleyball PE-137 Individual and Group Sports: Soccer BIOL-100 Human Biology 4 Units 14 Summer 1 CHEM-107 Chemistry of Life 1 or General Chemistry I Units 5 Fall Semester 2 DAN-100 History and Appreciation of Dance 3 PS-101 Introduction to American Government and Politics ANAT-101 Human Anatomy & Physiology I 4 Select one of the following: 1 DAN-120 Conditioning and Alignment for Dance DAN-121A Beginning Ballet DAN-122A Beginning Jazz Dance DAN-123A Beginning Jazz Dance DAN-124 Beginning Tap Dance DAN-125A Intermediate Modern Dance DAN-129 Intermediate Tap Dance DAN-131A Beginning Hip Hop (formerly DAN-131) DAN-131B Advanced Beginning Hip Hop PE-132 Beginning Tennis Select one of the following: 3 HIST-160 Black History in the American Context LIT-275 Latinx/Chicanx Literature LIT-280 Multiethnic Literature (formerly ENGL-280) PS-103 Ethnic Politics in America Units 14 Spring Semester 2 ANAT-102 Human Anatomy & Physiology II 4 PHIL-101 Introduction to Philosophy I 3 NUTR-100 Family Nutrition 3 HIST-107 The History of East Asia Before 1600 Select one of the following: 1 PE-112 Body Conditioning PE-112 Body Conditioning PE-112 Body Conditioning PE-113 Introduction to Jogging (formerly Jogging)	PE-116	Introduction to Athletic Techniques:	
PE-137 Individual and Group Sports: Soccer BIOL-100 Human Biology 4 Units 14 Summer 1 CHEM-107 Chemistry of Life 1 or General Chemistry I Units 5 Fall Semester 2 DAN-100 History and Appreciation of Dance 3 PS-101 Introduction to American Government and Politics ANAT-101 Human Anatomy & Physiology I 4 Select one of the following: 1 DAN-120 Conditioning and Alignment for Dance DAN-121A Beginning Ballet DAN-122A Beginning Modern Dance DAN-123A Beginning Jazz Dance DAN-124 Beginning Tap Dance DAN-124 Beginning Tap Dance DAN-125 Intermediate Modern Dance DAN-129 Intermediate Tap Dance DAN-131A Beginning Hip Hop (formerly DAN-131) DAN-131B Advanced Beginning Hip Hop PE-132 Beginning Tennis Select one of the following: 3 HIST-160 Black History in the American Context LIT-275 Latinx/Chicanx Literature LIT-280 Multiethnic Literature (formerly ENGL-280) PS-103 Ethnic Politics in America Units 14 Spring Semester 2 ANAT-102 Human Anatomy & Physiology II 4 PHIL-101 Introduction to Philosophy I 3 NUTR-100 Family Nutrition 3 HIST-107 The History of East Asia Before 1600 Select one of the following: 1 PE-112 Body Conditioning PE-112 Body Conditioning PE-112 Body Conditioning PE-113 Introduction to Jogging (formerly Jogging)	PE-133	Individual and Group Sports: Basketball	
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Units 14 Summer 1 CHEM-107	PE-137	Individual and Group Sports: Soccer	
Summer 1 CHEM-107	BIOL-100	Human Biology	4
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Select one of the following: DAN-120 Conditioning and Alignment for Dance DAN-121A Beginning Ballet DAN-122A Beginning Modern Dance DAN-123A Beginning Jazz Dance DAN-124 Beginning Tap Dance DAN-126A Intermediate Modern Dance DAN-129 Intermediate Tap Dance DAN-131A Beginning Hip Hop (formerly DAN-131) DAN-131B Advanced Beginning Hip Hop PE-132 Beginning Tennis Select one of the following: 3 HIST-160 Black History in the American Context LIT-275 Latinx/Chicanx Literature LIT-280 Multiethnic Literature (formerly ENGL-280) PS-103 Ethnic Politics in America Units 14 Spring Semester 2 ANAT-102 Human Anatomy & Physiology II 4 PHIL-101 Introduction to Philosophy I 3 NUTR-100 Family Nutrition 3 HIST-107 The History of East Asia Before 1600 3 or The History of East Asia Since 1600 Select one of the following: 1 PE-112 Body Conditioning PE-113 Introduction to Jogging (formerly Jogging)		Politics	
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DAN-124 Beginning Tap Dance DAN-126A Intermediate Modern Dance DAN-129 Intermediate Tap Dance DAN-131A Beginning Hip Hop (formerly DAN-131) DAN-131B Advanced Beginning Hip Hop PE-132 Beginning Tennis Select one of the following: 3 HIST-160 Black History in the American Context LIT-275 Latinx/Chicanx Literature LIT-280 Multiethnic Literature (formerly ENGL-280) PS-103 Ethnic Politics in America Units 14 Spring Semester 2 ANAT-102 Human Anatomy & Physiology II 4 PHIL-101 Introduction to Philosophy I 3 NUTR-100 Family Nutrition 3 HIST-107 The History of East Asia Before 1600 Select one of the following: 1 PE-112 Body Conditioning PE-112A Step Aerobics & Circuit Training (formerly Beginning Step Aerobics) PE-113 Introduction to Jogging (formerly Jogging)	DAN-122A	Beginning Modern Dance	
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DAN-129 Intermediate Tap Dance DAN-131A Beginning Hip Hop (formerly DAN-131) DAN-131B Advanced Beginning Hip Hop PE-132 Beginning Tennis Select one of the following: 3 HIST-160 Black History in the American Context LIT-275 Latinx/Chicanx Literature LIT-280 Multiethnic Literature (formerly ENGL-280) PS-103 Ethnic Politics in America Units 14 Spring Semester 2 ANAT-102 Human Anatomy & Physiology II 4 PHIL-101 Introduction to Philosophy I 3 NUTR-100 Family Nutrition 3 HIST-107 The History of East Asia Before 1600 3 or HIST-108 or The History of East Asia Since 1600 Select one of the following: 1 PE-112 Body Conditioning PE-112 Step Aerobics & Circuit Training (formerly Beginning Step Aerobics) PE-113 Introduction to Jogging (formerly Jogging)	DAN-124	Beginning Tap Dance	
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Select one of the following: HIST-160 Black History in the American Context LIT-275 Latinx/Chicanx Literature LIT-280 Multiethnic Literature (formerly ENGL-280) PS-103 Ethnic Politics in America Units 14 Spring Semester 2 ANAT-102 Human Anatomy & Physiology II 4 PHIL-101 Introduction to Philosophy I 3 NUTR-100 Family Nutrition 3 HIST-107 The History of East Asia Before 1600 or HIST-108 or The History of East Asia Since 1600 Select one of the following: 1 PE-112 Body Conditioning PE-112A Step Aerobics & Circuit Training (formerly Beginning Step Aerobics) PE-113 Introduction to Jogging (formerly Jogging)	DAN-131B	Advanced Beginning Hip Hop	
HIST-160 Black History in the American Context LIT-275 Latinx/Chicanx Literature LIT-280 Multiethnic Literature (formerly ENGL-280) PS-103 Ethnic Politics in America Units 14 Spring Semester 2 ANAT-102 Human Anatomy & Physiology II 4 PHIL-101 Introduction to Philosophy I 3 NUTR-100 Family Nutrition 3 HIST-107 The History of East Asia Before 1600 3 or HIST-108 or The History of East Asia Since 1600 Select one of the following: 1 PE-112 Body Conditioning PE-112A Step Aerobics & Circuit Training (formerly Beginning Step Aerobics) PE-113 Introduction to Jogging (formerly Jogging)	PE-132	Beginning Tennis	
LIT-275 Latinx/Chicanx Literature LIT-280 Multiethnic Literature (formerly ENGL-280) PS-103 Ethnic Politics in America Units 14 Spring Semester 2 ANAT-102 Human Anatomy & Physiology II 4 PHIL-101 Introduction to Philosophy I 3 NUTR-100 Family Nutrition 3 HIST-107 The History of East Asia Before 1600 3 or HIST-108 or The History of East Asia Since 1600 Select one of the following: 1 PE-112 Body Conditioning PE-112A Step Aerobics & Circuit Training (formerly Beginning Step Aerobics) PE-113 Introduction to Jogging (formerly Jogging)	Select one of the foll	owing:	3
LIT-280 Multiethnic Literature (formerly ENGL-280) PS-103 Ethnic Politics in America Units 14 Spring Semester 2 ANAT-102 Human Anatomy & Physiology II 4 PHIL-101 Introduction to Philosophy I 3 NUTR-100 Family Nutrition 3 HIST-107 The History of East Asia Before 1600 3 or HIST-108 or The History of East Asia Since 1600 Select one of the following: 1 PE-112 Body Conditioning PE-112A Step Aerobics & Circuit Training (formerly Beginning Step Aerobics) PE-113 Introduction to Jogging (formerly Jogging)	HIST-160	Black History in the American Context	
PS-103 Ethnic Politics in America Units 14 Spring Semester 2 ANAT-102 Human Anatomy & Physiology II 4 PHIL-101 Introduction to Philosophy I 3 NUTR-100 Family Nutrition 3 HIST-107 The History of East Asia Before 1600 3 or HIST-108 or The History of East Asia Since 1600 Select one of the following: 1 PE-112 Body Conditioning PE-112A Step Aerobics & Circuit Training (formerly Beginning Step Aerobics) PE-113 Introduction to Jogging (formerly Jogging)			
Units 14 Spring Semester 2 ANAT-102 Human Anatomy & Physiology II 4 PHIL-101 Introduction to Philosophy I 3 NUTR-100 Family Nutrition 3 HIST-107 The History of East Asia Before 1600 3 or HIST-108 or The History of East Asia Since 1600 Select one of the following: 1 PE-112 Body Conditioning PE-112A Step Aerobics & Circuit Training (formerly Beginning Step Aerobics) PE-113 Introduction to Jogging (formerly Jogging)		· · · · · ·	
Spring Semester 2 ANAT-102 Human Anatomy & Physiology II 4 PHIL-101 Introduction to Philosophy I 3 NUTR-100 Family Nutrition 3 HIST-107 The History of East Asia Before 1600 3 or HIST-108 or The History of East Asia Since 1600 Select one of the following: 1 PE-112 Body Conditioning PE-112A Step Aerobics & Circuit Training (formerly Beginning Step Aerobics) PE-113 Introduction to Jogging (formerly Jogging)	PS-103	Ethnic Politics in America	
ANAT-102 Human Anatomy & Physiology II 4 PHIL-101 Introduction to Philosophy I 3 NUTR-100 Family Nutrition 3 HIST-107 The History of East Asia Before 1600 3 or HIST-108 or The History of East Asia Since 1600 Select one of the following: 1 PE-112 Body Conditioning PE-112A Step Aerobics & Circuit Training (formerly Beginning Step Aerobics) PE-113 Introduction to Jogging (formerly Jogging)		Units	14
PHIL-101 Introduction to Philosophy I 3 NUTR-100 Family Nutrition 3 HIST-107 The History of East Asia Before 1600 3 or HIST-108 or The History of East Asia Since 1600 Select one of the following: 1 PE-112 Body Conditioning PE-112A Step Aerobics & Circuit Training (formerly Beginning Step Aerobics) PE-113 Introduction to Jogging (formerly Jogging)			
NUTR-100 Family Nutrition 3 HIST-107 The History of East Asia Before 1600 3 or HIST-108 or The History of East Asia Since 1600 Select one of the following: 1 PE-112 Body Conditioning PE-112A Step Aerobics & Circuit Training (formerly Beginning Step Aerobics) PE-113 Introduction to Jogging (formerly Jogging)		, , ,	
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or HIST-108 or The History of East Asia Since 1600 Select one of the following: 1 PE-112 Body Conditioning PE-112A Step Aerobics & Circuit Training (formerly Beginning Step Aerobics) PE-113 Introduction to Jogging (formerly Jogging)		,	
PE-112 Body Conditioning PE-112A Step Aerobics & Circuit Training (formerly Beginning Step Aerobics) PE-113 Introduction to Jogging (formerly Jogging)			3
PE-112A Step Aerobics & Circuit Training (formerly Beginning Step Aerobics) PE-113 Introduction to Jogging (formerly Jogging)	Select one of the foll	owing:	1
Beginning Step Aerobics) PE-113 Introduction to Jogging (formerly Jogging)	PE-112	Body Conditioning	
PE-113 Introduction to Jogging (formerly Jogging)	PE-112A		
	PE-113		
	PE-114A		

	Total Units	64
	Units	14
PE-183	Self-Defense	
PE-120	Beginning Yoga	
PE-119B	Intermediate Fitness Walking	
PE-119	Exercise Walking	
PE-114C	Powerlifting	
PE-114B	Strength Training: Free Weights	

 $\textbf{NOTE:} \ \mathsf{Math/Chem/Phy} \ \mathsf{will} \ \mathsf{depend} \ \mathsf{on} \ \mathsf{Kines-emphasis} \ \mathsf{in} \ \mathsf{Movement}$ Science or Health Science. Pre-Calc required for Movement Science.

Requirements

Course	Title	Credits
Required Core Cours	ses	
ANAT-101	Human Anatomy & Physiology I	4
ANAT-102	Human Anatomy & Physiology II	4
PE-195	Introduction to Kinesiology	3
Required Movement	-Based Courses	
Select one course m areas:	aximum from any three of the following	3-5
Area 1: Aquatics (r	no MSJC equivalent)	
Area 2: Combatives	S	
PE-183	Self-Defense	
Area 3: Dance		
DAN-120	Conditioning and Alignment for Dance	
DAN-121A	Beginning Ballet	
DAN-122A	Beginning Modern Dance	
DAN-123A	Beginning Jazz Dance	
DAN-124	Beginning Tap Dance	
DAN-126A	Intermediate Modern Dance	
DAN-129	Intermediate Tap Dance	
DAN-131A	Beginning Hip Hop (formerly DAN-131)	
DAN-135A	Intermediate Hip Hop	
Area 4: Fitness		
PE-112	Body Conditioning	
PE-112A	Step Aerobics & Circuit Training (formerly Beginning Step Aerobics)	
PE-113	Introduction to Jogging (formerly Jogging)	
PE-114A	Strength Training: Circuit	
PE-114B	Strength Training: Free Weights	
PE-114C	Powerlifting	
PE-119	Exercise Walking	
PE-119B	Intermediate Fitness Walking	
PE-120	Beginning Yoga	
Area 5: Individual Sports		
PE-132	Beginning Tennis	
Area 6: Team Sport	ts	

 $^{^{1}\,}$ Depends on career emphasis. $^{2}\,$ Which math course you should take depends on the Kinesiology chosen for CSUSM

Transferable Electives (as needed to reach 60 CSU transferable units)		
Possible double counting: 10-14 units		
CSU General Education or IGETC Pattern		37-39
Units for Major		20-25
Course	Title	Credits
Total Units		20-25
or PHY-201	Mechanics and Wave Motion	
PHY-101	Basic Physics: Energy and Motion	
or MATH-140	Introduction to Statistics	
PSYC/SOCI-121	Statistics for Behavioral Sciences	
PE-115	First Aid and CPR	
or CHEM-107	Chemistry of Life	
or CHEM-101H	· ·	
CHEM-101	General Chemistry I	
BIOL-100	Human Biology	
Select two of the follo	owing:	6-9
List A: Select two	marriada and croup oporto. coocer	
PE-137	Individual and Group Sports: Soccer	
PE-133	Introduction to Volleyball	
PE-133	Softball) Individual and Group Sports: Basketball	
PE-116	Introduction to Softball (formerly Introduction to Athletic Techniques:	

Total Units for A.S.-T Degree: 60 units

The overall requirements for this Associates Degree for Transfer (ADT) can be met by:

- Completion of 60 semester units or 90 quarter units that are eligible for transfer to the California State University (CSU) or University of California (UC).
- Completion of California State University General Education-Breadth Requirements (CSUGE) or the Intersegmental General Education Transfer Curriculum (IGETC).
- Completion of a minimum of 18 semester units or 27 quarter units in a major or area of emphasis, as determined by the community college district.
- · Completion of a minimum grade point average of 2.0.

ADTs also require that students earn a C or better in all courses required for the major or area of emphasis. A "P" (Pass) grade is acceptable if pass is defined as a grade of C or better. ADTs are intended for students who plan to complete a bachelor's degree in a similar major at a CSU campus. A student completing an ADT is guaranteed admission to the CSU system, but not a particular campus or major. Students should meet with a Counselor to develop a comprehensive educational plan to further understand university and transfer requirements.

Career Exploration

Discover information about careers that interest you!

 Take a Career Quiz (https://msjc.emsicc.com/assessment/) to learn about yourself and receive career suggestions based on your interests.

- Search available in-demand jobs (https://msjc.emsicc.com/browsecareers/) in your career areas of interest and find up-to-date salaries and education requirements.
- 3. Find the MSJC Program (https://msjc.emsicc.com/browse-programs/) that connects your interests to a career.

Note: There are no guaranteed positions for students completing these programs. Education and work experience required will vary by employer. The salary and benefits for specific occupations will be dependent on work experience, education, background, and employer.