



# Fresno City College

KINESIOLOGY  
2019-2020

Name: \_\_\_\_\_

ID: \_\_\_\_\_

Date: \_\_\_\_\_

Advisor Contact: \_\_\_\_\_

**Major Requirements: 18-25 units**

**A grade of "C" or better is required in the following courses**

<b>ASSOCIATE IN SCIENCE (F.4555.AS)</b>	<b>C-ID</b>	<b>Units</b>	<b>Completed</b>	<b>In Progress</b>	<b>Planned</b>
<b>Required Core Courses</b>					
HLTH 1, Contemporary Health Issues		3			
HLTH 2, First Aid and Safety		3			
PE 62, Introduction to Kinesiology		3			
<b>Minimum of 6 units from the following courses:</b>					
BIOL 5, Human Biology		4			
BIOL 20, Human Anatomy <b>OR</b>		4			
BIOL 21A, Human Anatomy & Physiology I		5			
BIOL 22, Human Physiology <b>OR</b>		4			
BIOL 21B, Human Anatomy & Physiology II		5			
FN 35, Nutrition and Health		3			
FN 41, Sports Nutrition		2			
PE 20, Athletic Training		4			
PE 23, Lifeguard Training		3			
PE 24, Sport Officiating		2			
PE 26, Sports Psychology		3			
PE 28, Foundations of Coaching		3			
<b>Fitness/Wellness Activities: Minimum of one course (1 unit)</b>					
DANCE 9, Dance Conditioning		1			
DANCE 10A, Beginning Modern Dance Technique		1			
PE 6, Fitness and Health		1			
PE 8, Basic Self Defense		1			
PE 9, Circuit Training		1			
PE 15A, Weight Training (Women)		1			
PE 15B, Weight Training (Men)		1			
PE 15C, Weight Training (Coed)		1			
PE 17, Hatha Yoga		1			
PE 27, High-Intensity Cardio Interval Training		1			
PE 29C, Off-Season Conditioning for Badminton		1			
PE 30C, Off-Season Conditioning for Baseball		1			
PE 31C, Off-Season Conditioning for Basketball		1			
PE 33C, Off-Season Conditioning for Football		1			
PE 34C, Off-Season Conditioning for Golf		1			
PE 36C, Off-Season Conditioning for Soccer		1			
PE 37C, Off-Season Conditioning for Softball		1			
PE 38C, Off-Season Conditioning for Tennis		1			
PE 39C, Off-Season Conditioning for Track and Field		1			

PE 40C, Off-Season Conditioning for Volleyball		1			
PE 41C, Off-Season Conditioning for Wrestling		1			
PE 42C, Off-Season Conditioning for Water Polo		1			
PE 43C, Off-Season Conditioning for Swimming & Diving		1			
PE 45, Performance Training and Conditioning Techniques for Intercollegiate Athletics		1			
PE 70, Fitness Aerobics		1			
PE 72, Spinning for Fitness		1			
<b>Individual/Dual Sports: Minimum one course (1-3 units)</b>					
PE 3, Archery		1			
PE 4, Badminton		1			
PE 7, Golf		1			
PE 12, Swimming		1			
PE 13, Tennis		1			
PE 13B, Intermediate Tennis		1			
PE 29B, Competitive Badminton		3			
PE 32B, Competitive Cross Country		3			
PE 34B, Competitive Golf		3			
PE 38B, Competitive Tennis		3			
PE 39B, Competitive Track and Field		3			
PE 41B, Competitive Wrestling		3			
PE 43B, Competitive Swimming & Diving		3			
<b>Team Sports: Minimum one course (1-3 units)</b>					
PE 5, Basketball		1			
PE 14, Volleyball		1			
PE 30B, Competitive Baseball		3			
PE 31B, Competitive Basketball		3			
PE 33B, Competitive Football		3			
PE 35B, Cheer and Stunt		2			
PE 36B, Competitive Soccer		3			
PE 37B, Competitive Softball		3			
PE 40B, Competitive Volleyball		3			
PE 42B, Competitive Water Polo		3			
PE 71, Soccer		1			

**Notes:**

1. Kinesiology studies the function and performance of the human body through the sciences of anatomy, physiology, biomechanics, and psychology. With a diverse curriculum, students can choose from courses such as anatomy and physiology, health and wellness, nutrition, sports psychology, athletic training, and coaching. Students will be presented with both theoretical and practical applications of the science of kinesiology, as it pertains to exercise, sport, and physical activity. Coursework in this field is intended to improve students' knowledge about health, fitness, and lifetime wellness as they relate to personal and community well-being. A degree in kinesiology has become a valuable asset in pursuing relevant and rewarding professional careers.
2. Some of the above courses may have prerequisites. See the catalog or schedule of classes.