



# Fresno City College

KINESIOLOGY  
2023-2024

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

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

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

Counselor Contact: \_\_\_\_\_

**Major Requirements: 18-22 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>Choose a minimum of 9 units from the following</b>					
HLTH 1, Contemporary Health Issues	PHS 100	3			
HLTH 2, First Aid and Safety <b>OR</b> PE 20, Emergency Care and Injury Prevention	KIN 101	3			
HLTH 5, Structures and Function		3			
PE 26, Sports Psychology		3			
PE 62, Introduction to Kinesiology	KIN 100	3			
<b>Minimum of 6 units from the following courses:</b>					
FN 40, Nutrition <b>OR</b> FN 41, Sports Nutrition		3			
HLTH 3, Personal Training		3			
PE 18A, Sports Medicine Lab A <b>AND</b> PE 18B, Sports Medicine Lab B		4			
PE 24, Sport Officiating		3			
PE 28, Foundations of Coaching		3			
<b>Fitness/Wellness Activities: Minimum of one course (1 unit)</b>					
DANCE 9, Body Awareness, Mental Health and Conditioning through Dance		1			
DANCE 10A, Beginning Modern Dance Technique		1			
PE 6, Fitness and Health		1			
PE 15A, Beginner Weight Training		1			
PE 15B, Intermediate Weight Training		1			
PE 15C, Advanced Weight Training		1			
PE 17, Yoga		1			
PE 17B, Intermediate Yoga		1			
PE 27, High-Intensity Cardio Interval Training		1			
PE 29C, Off-Season Intercollegiate Badminton		1			
PE 30C, Off-Season Intercollegiate Baseball		1			
PE 31C, Off-Season Intercollegiate Basketball		1			
PE 33C, Off-Season Intercollegiate Football		1			
PE 34C, Off-Season Intercollegiate Golf		1			
PE 36C, Off-Season Intercollegiate Soccer		1			
PE 37C, Off-Season Intercollegiate Softball		1			
PE 38C, Off-Season Intercollegiate Tennis		1			
PE 39C, Off-Season Intercollegiate Track and Field		1			
PE 40C, Off-Season Intercollegiate Volleyball		1			
PE 41C, Off-Season Intercollegiate Wrestling		1			
PE 42C, Off-Season Intercollegiate Water Polo		1			

<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>
PE 43C, Off-Season Intercollegiate Swimming & Diving		1			
PE 44C, Off-Season Intercollegiate Sand Volleyball		1			
PE 45, Performance Training and Conditioning Techniques for Intercollegiate Athletics		1			
PE 46C, Off-Season Intercollegiate Women's Wrestling		1			
PE 72, Spinning for Fitness		1			
<b>Individual/Dual Sports: Minimum one course (1-3 units)</b>					
PE 4, Badminton		1			
PE 4B, Intermediate Badminton		1			
PE 7, Golf		1			
PE 8, Basic Self Defense		1			
PE 12, Swimming		1			
PE 12B, Intermediate Swimming		1			
PE 13, Tennis		1			
PE 13B, Intermediate Tennis		1			
PE 29B, Intercollegiate Badminton		3			
PE 32B, Intercollegiate Cross Country		3			
PE 34B, Intercollegiate Golf		3			
PE 38B, Intercollegiate Tennis		3			
PE 39B, Intercollegiate Track and Field		3			
PE 41B, Intercollegiate Wrestling		3			
PE 43B, Intercollegiate Swimming & Diving		3			
PE 44B, Intercollegiate Sand Volleyball		3			
PE 46B, Intercollegiate Women's Wrestling		3			
<b>Team Sports: Minimum one course (1-3 units)</b>					
PE 5, Basketball		1			
PE 14, Volleyball		1			
PE 14B, Intermediate Volleyball		1			
PE 30B, Intercollegiate Baseball		3			
PE 31B, Intercollegiate Basketball		3			
PE 33B, Intercollegiate Football		3			
PE 35B, Cheer and Stunt		2			
PE 36B, Intercollegiate Soccer		3			
PE 37B, Intercollegiate Softball		3			
PE 40B, Intercollegiate Volleyball		3			
PE 42B, Intercollegiate 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.
3. The *Associate Degree* requires completion of the major (18-22 units) with a "C" or better grade in each course. Students must complete one of the three different general education patterns: option 1 – Fresno City College General Education, option 2 – CSU GE– California State University General Education, OR option 3 – IGETC – Intersegmental General Education Transfer Curriculum for a total of **60 semester units minimum** with a 2.0 or better GPA.