



Fresno City College

KINESIOLOGY: PHYSICAL
EDUCATION
2024-2025

Name: _____

ID: _____

Date: _____

Counselor Contact: _____

Major Requirements: 18-24 units

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

ASSOCIATE IN SCIENCE (F.4557.AS)	C-ID	Units	Completed	In Progress	Planned
Choose a minimum of 6 units from the following					
HLTH 1, Contemporary Health Issues	PHS 100	3			
PE 26, Sports Psychology		3			
PE 62, Introduction to Kinesiology	KIN 100	3			
Minimum of 9 units from the following courses:					
HLTH 3, Personal Training		3			
HLTH 5, Structures and Function		3			
* FN 40, Nutrition OR FN 41, Sports Nutrition	NUTR 110	3			
* HLTH 2, First Aid and Safety OR PE 20, Emergency Care and Injury Prevention	KIN 101	3			
Fitness Activities: Choose 3 courses from the following:					
PE 4, Badminton		1			
PE 4B, Intermediate Badminton		1			
PE 5, Basketball		1			
PE 6, Fitness and Health		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 14, Volleyball		1			
PE 14B, Intermediate Volleyball		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 Interval Training		1			
PE 29B, Intercollegiate Badminton		3			
PE 29C, Off-Season Intercollegiate Badminton		1			
PE 30B, Intercollegiate Baseball		3			
PE 30C, Off-Season Intercollegiate Baseball		1			
PE 31B, Intercollegiate Basketball		3			
PE 31C, Off-Season Intercollegiate Basketball		1			
PE 32B, Intercollegiate Cross Country		3			
PE 33B, Intercollegiate Football		3			

PE 33C, Off-Season Intercollegiate Football		1			
PE 34B, Intercollegiate Golf		3			
PE 34C, Off-Season Intercollegiate Golf		1			
PE 35B, Intercollegiate Cheer and Stunt		2			
PE 36B, Intercollegiate Soccer		3			
PE 36C, Off-Season Intercollegiate Soccer		1			
PE 37B, Intercollegiate Softball		3			
PE 37C, Off-Season Intercollegiate Softball		1			
PE 38B, Intercollegiate Tennis		3			
PE 38C, Off-Season Intercollegiate Tennis		1			
PE 39B, Intercollegiate Track and Field		3			
PE 39C, Off-Season Intercollegiate Track and Field		1			
PE 40B, Intercollegiate Volleyball		3			
PE 40C, Off-Season Intercollegiate Volleyball		1			
PE 41B, Intercollegiate Wrestling		3			
PE 41C, Off-Season Intercollegiate Wrestling		1			
PE 42B, Intercollegiate Water Polo		3			
PE 42C, Off-Season Intercollegiate Water Polo		1			
PE 43B, Intercollegiate Swimming & Diving		3			
PE 43C, Off-Season Intercollegiate Swimming & Diving		1			
PE 44B, Intercollegiate Beach Volleyball		3			
PE 44C, Off-Season Intercollegiate Beach Volleyball		1			
PE 45, Performance Training and Conditioning Techniques for Intercollegiate Athletics		1			
PE 46B, Intercollegiate Women's Wrestling		3			
PE 46C, Off-Season Intercollegiate Women's Wrestling		1			
PE 71, Soccer		1			
PE 72, Spinning for Fitness		1			

Notes:

1. The Kinesiology: Physical Education associate degree is a comprehensive two-year program designed for individuals passionate about promoting physical well-being and education. This program combines theoretical knowledge with practical skills to prepare students for a variety of roles within the field of physical education, including teaching, coaching, and community outreach.
2. C-ID Number NUTR 110 is approved for FN 40 only.
3. C-ID Number KIN 101 is approved for HLTH 2 only.
4. Some of the above courses may have prerequisites. See the catalog or schedule of classes.
5. The *Associate Degree* requires completion of the major (18-24 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.