

First-Year Course Recommendations - Kinesiology

Full-time students typically choose 12-16 units per semester of coursework from this list.

	Course	Course Title	Course Advice	Units	Semester	
					1st	2nd
Major	PE 200	Introduction to Kinesiology	This is a great course that looks at the field of physical education and kinesiology. It explores career opportunities in teaching, coaching, & fitness. It is required for the Kinesiology for Transfer associate degree. Note: it has a Skills Advisory of eligibility for ENGL 98 (former ENGL 100)	3		
	BMS 100	The Human Body	This is a great – less technical – introduction to anatomy, physiology, exercise, fitness and nutrition. It isn't always required for transfer but is transferable to UC's and CSU's and will help prepare you for the other required anatomy & physiology classes in this major. Note: it also has a Skills Advisories of eligibility for ENGL 110 .	4		
General Education	English	See: Which English Courses Do I Need?	English is a foundational skill necessary for success in all college courses. Note: most SBCC courses have Skills Advisories of Eligibility for ENGL 110 . Take whichever level of English you are eligible to take.	3-5		
	Math	See: Understanding Your Math Course Placements	Math is a foundational skill that can be harder the longer you wait to take it. We recommend getting started on it now. You will need one college level math course for admission to the California public universities. Many Kinesiology majors require Math 117 – Elementary Statistics for the major.	3-5		
	Arts and Humanities	See: IGETC Area 3A & 3B ; SBCC GE Pattern Area C	Look for courses with Skills Advisories which match your placement levels and that seem interesting to you.	3		
	Social Sciences	See: IGETC Area 4 ; SBCC GE Pattern Area B	Look for courses with Skills Advisories which match your placement levels and that seem interesting to you. Note: some transfer schools want PSYC 100 which counts in this area.	3		
	Science	See: IGETC Area 5A, 5B, & 5C SBCC GE Pattern Area A	Kinesiology majors usually require specific science courses that count in this area (for example BMS 100 from above counts for 5B and 5C). Use Assist.org to determine which courses you will need for your dream schools.	3-4		
Electives	PD 100	College Success	PD 100 is designed to teach study skills for academic success in college. It introduces resources available at SBCC and allows students to explore major and transfer goals.	3		
	PD 110	Career Planning	PD 110 is designed to help students explore major and career options while also gaining interview, communication, and resume writing skills. Note: both courses transfer to UC's and CSU's but UC's only count units for one (so we recommend you only take one).			
	PE	Physical Education Activities	You can transfer up to 4 units of PE activity courses to the UC system and more to CSU campuses. For the Kinesiology for Transfer degree you will need PE classes from three different areas such as fitness, aquatics, team sports, dance, etc. See the degree for ideas or start by picking one class to start with that looks interesting to you. Many of these courses are graded.	1		
	Any course of interest		Taking courses you are interested in can be one of the best ways to explore major and career options. SBCC offers many incredible courses in areas outside of major and general education that are still desired by the UC and CSU systems.	1-5		

