

### Recommended Sequence of Courses

**Program of Study:** Kinesiology

**Department:** Kinesiology, Athletics, and Dance

**Coordinator:** Monica Ohkubo (707) 527.4457

**Effective:** Fall 2012

Course Number	Course Title	Units
<b>Fall Semester</b>		
KINES 1	Introduction to Kinesiology	3.0
Kinesiology Prerequisites	CHEM 1A <b>OR</b> CHEM 4A <b>OR</b> CHEM 60	5.0
Kinesiology Theory	See Program Requirements List	1.0
Kinesiology Team or Individual Elective	See Program Requirements List	1.0
General Education		5.0
<b>Fall Semester Unit Total:</b>		<b>15.0</b>
<b>Spring Semester</b>		
BIO 10	Introduction to Principles of Biology	4.0
LIR 10	Introduction to Information Literacy	1.0
Kinesiology Theory	See Program Requirements List	1.0
Kinesiology Team or Individual Elective	See Program Requirements List	1.0
Kinesiology Coaching/Fitness/Teacher	See Program Requirements List (May be taken in following sem)	3.0
General Education		5.0
<b>Spring Semester Unit Total:</b>		<b>15.0</b>
<b>Summer Semester</b>		
HLE 6	Standard First Aid, CPR, and AED	0.5
<b>Summer Semester Unit Total:</b>		<b>0.5</b>
<b>Fall Semester</b>		
ANAT 1	General Human Anatomy	5.0
Kinesiology Theory	See Program Requirements List	1.0
Kinesiology Team or Individual Elective	See Program Requirements List	1.0
General Education		8.0
<b>Fall Semester Unit Total:</b>		<b>15.0</b>
<b>Spring Semester</b>		
PHYSIO 1	Human Physiology	5.0
General Education		4.0
Free Electives		5.5
<b>Spring Semester Unit Total:</b>		<b>14.5</b>

<b>Minimum KAD Program Requirements</b>	<b>32.5</b>
Minimum GE Units	<b>22.0</b>
Free Electives	5.5
Minimum AA Degree Units Total	60.0