

KINESIOLOGY AND FITNESS TRANSFER PATHWAY, A.A.

For more information about Physical Education, Fitness, and Sports Studies, please visit the program of study page (<http://www.cod.edu/phys-ed/>).

This transfer path degree plan prepares students to transfer to a baccalaureate institution.

Suggested Semester Sequence

Course	Title	Credits
First Semester		
ENGLI 1101	English Composition I	3
GEN ED	Mathematics	3
GEN ED	Sciences	3
GEN ED	Global/Multicultural Studies	3
PHYS 2200	Introduction to Physical Education	3
Credits		15
Second Semester		
ENGLI 1102	English Composition II	3
GEN ED	Humanities/Fine Arts	3
GEN ED	Social and Behavioral Science	3
ANAT 1500 or ANAT 1551	Survey of Human Anatomy and Physiology or Human Anatomy and Physiology I	4
PHYS 2251 or PHYS 2254	Living With Health ¹ or First Aid and CPR	3
Credits		16
Third Semester		
SPEEC 1100	Fundamentals of Speech Communication	3
GEN ED	Humanities/Fine Arts	3
GEN ED	Social and Behavioral Sciences	3
PHYS 2251 or PHYS 2254	Living With Health ¹ or First Aid and CPR	3
PHYS 2261	Applied Kinesiology	3
PHYS 2263	Fitness Instructor Training-Personal	2
Credits		17
Fourth Semester		
GEN ED	Humanities/Fine Arts	3
GEN ED	Social and Behavioral Sciences	3
GEN ED	Sciences (with lab)	4
ELECTIVE	Human Relations	3
PHYS 2258	The Science of Nutrition	3
Credits		16
Total Credits		64

¹ PHYS 2251 Living With Health and PHYS 2254 First Aid and CPR will qualify as a Contemporary Life Skills credit.

Program Milestones

First Semester

- Consider joining or visiting with a professional, cultural or interest-based Student Club (http://cod.edu/student_life/clubs_org/).

Second Semester

- If you have not done so yet this semester, it is important to make an appointment with a Faculty or Program Advisor (https://www.cod.edu/academics/programs/physical_education/faculty.aspx) to discuss your future academic progress.

Third Semester

- Activity courses recommended are PHYS 1171 Weight Training I, PHYS 1184 Body Sculpting I, PHYS 1901 Hatha Yoga I or PHYS 1131 Cardio Kickboxing I toward contemporary life skills and PE certificate.

General Education Requirements

For general education requirements for the AA degree, please visit the AA degree catalog page (<https://catalog.cod.edu/associate-degree-programs/associate-arts-degree/>).

This page lists programs related to one another.

- Fitness Instructor, Certificate (<https://catalog.cod.edu/programs-study/physical-education/fitness-instructor-certificate/>)
- Kinesiology and Fitness Transfer Pathway, A.S. (<https://catalog.cod.edu/programs-study/physical-education/kinesiology-fitness-track-transfer-pathway-as/>)
- Physical Education Teaching and Coaching Transfer Pathway, A.A. (<https://catalog.cod.edu/programs-study/physical-education/coaching-transfer-pathway-aa/>)
- Sports Management Transfer Pathway, A.A. (<https://catalog.cod.edu/programs-study/physical-education/sports-management-transfer-pathway-aa/>)