

# KINESIOLOGY AND FITNESS TRANSFER PATHWAY, A.S.

## What is a Transfer Pathway?

A transfer pathway represents a typical course schedule/sequence for a student planning to complete the A.S. degree within two years, then transfer and major in a specific discipline. A transfer pathway is not institution-specific.

It is important to understand that the pathway provided in the adjacent tab is just one possible combination of classes by which to complete an A.S. and prepare for transfer in your chosen area of study. Other course combinations and sequences can work, too. It is strongly recommended that students work directly and frequently with a COD academic counselor/advisor, a COD faculty advisor, and academic counselors/advisors at potential transfer schools, to develop and execute a plan that works best for them.

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

### Suggested Semester Sequence

Course	Title	Credits
<b>First Semester</b>		
ENGLI 1101	English Composition I	3
GEN ED	Mathematics	3
GEN ED	Sciences <sup>1</sup>	3
GEN ED	Global/Multicultural Studies	3
ELECTIVE	Select one of the following:	3
PHYS 2200	Introduction to Physical Education, Exercise Science, and Sport	
PHYS 2251	Living With Health <sup>2</sup>	
PHYS 2254	First Aid and CPR <sup>2</sup>	
<b>Credits</b>		<b>15</b>
<b>Second Semester</b>		
ENGLI 1102	English Composition II	3
GEN ED	Humanities/Fine Arts	3
GEN ED	Social and Behavioral Science <sup>3</sup>	3
ANAT 1551 or ANAT 1571	Human Anatomy and Physiology I or Anatomy and Physiology With Cadaver I	4
PHYS 2258	The Science of Nutrition <sup>4</sup>	3
<b>Credits</b>		<b>16</b>
<b>Third Semester</b>		
SPEEC 1100	Fundamentals of Speech Communication	3
GEN ED	Humanities/Fine Arts	3
GEN ED	Social and Behavioral Sciences <sup>3</sup>	3
ANAT 1552 or ANAT 1572	Human Anatomy and Physiology II or Anatomy and Physiology With Cadaver II	4
GEN ED	Mathematics	3
PHYS 2261	Applied Kinesiology <sup>4</sup>	3
<b>Credits</b>		<b>19</b>

### Fourth Semester

GEN ED	Humanities/Fine Arts	3
GEN ED	Social and Behavioral Sciences	3
GEN ED	Science <sup>5</sup>	4
ELECTIVE	Human Relations	3
PHYS 2263	Fitness Instructor Training <sup>6</sup>	3
ACTIVITY COURSE		1
<b>Credits</b>		<b>17</b>
<b>Total Credits</b>		<b>67</b>

- <sup>1</sup> BIOL 1100 Survey of Biology is recommended.  
<sup>2</sup> PHYS 2254 First Aid and CPR and PHYS 2251 Living With Health count toward contemporary life skills credit.  
<sup>3</sup> For SBS credit, the recommendation is a PSYCH or SOCIO course.  
<sup>4</sup> Also goes toward PE/Fitness certificate.  
<sup>5</sup> Science must have a lab if not taken in previous semesters.  
<sup>6</sup> Activity classes recommended are PHYS 1171 Weight Training I, PHYS 1184 Body Sculpting I, and PHYS 1131 Cardio Kickboxing I (see PE advisor).

## Program Milestones

### First Semester

- Consider joining or visiting with a professional, cultural or interest-based Student Club ([http://cod.edu/student\\_life/clubs\\_org/](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](https://www.cod.edu/academics/programs/physical_education/faculty.aspx)) to discuss your future academic progress.

## General Education Requirements

For general education requirements for the A.S. degree, please visit the A.S. degree catalog page (<https://catalog.cod.edu/associate-degree-programs/associate-science-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.A. (<https://catalog.cod.edu/programs-study/physical-education/kinesiology-fitness-track-transfer-pathway-aa/>)
- 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/>)