



Cerritos College

PHYSICAL EDUCATION

Transfer Preparation

COMMON LOWER DIVISION MAJOR PREPARATION FOR THE CALIFORNIA STATE UNIVERSITY

			UNITS
A&P	150	Introduction to Human Anatomy	4
A&P	151	Introduction to Human Physiology	4

LOWER DIVISION MAJOR PREPARATION FOR SPECIFIC TRANSFER INSTITUTIONS

California State University – Dominguez Hills

Common Core Requirements for Physical Education Major

A&P	150	Introduction to Human Anatomy	(4)
and A&P	151	Introduction to Human Physiology	4
or A&P	200	Human Anatomy	(5)
and A&P	201	Human Physiology	5
KIN	100 (formerly PE 114)	Introduction to Kinesiology	3

Pre-Physical Therapy Option:

BIOL	201	Principles of Biology	5
CHEM	111	General Chemistry	5
and CHEM	112	General Chemistry	5
PHYS	101	General Physics	4

Fitness Director Option:

PEX	111 (formerly PE 132A)	Low Impact Aerobics	1.5
or PEX	112 (formerly PE 133)	Step Aerobics	(1.5)
or PEX	116 (formerly PE 134)	Water Aerobics	(1)
PEX	124 (formerly PE 143)	Personal Fitness Program	1
or PEX	145 (formerly PE 135A)	Circuit Weight Training, Beginning	(1)
or PEX	245 (formerly PE 135B)	Circuit Weight Training, Intermediate/Advanced	(2)
KIN	104 (formerly PE 141)	Fitness and Wellness	3
PEX	185 (formerly PE 150A)	Swimming, Beginning	1
or PEX	284 (formerly PE 150B)	Swimming, Intermediate	(2)
or PEX	285 (formerly PE 150C)	Swimming, Advanced	(2)
PEX	149 (formerly PE 161A)	Tae Kwon Do, Beginning	1
or PEX	249 (formerly PE 161B)	Tae Kwon Do, Intermediate/Advanced	(2)

Teaching Option:

DANC	125 (formerly PE 193)	Introduction to Ballroom Dance	2
or DANC	121 (formerly PE 196)	Latin Social Dance	(2)
KIN	104 (formerly PE 141)	Fitness and Wellness	3

PEX	111 (formerly PE 132A)	Low Impact Aerobics	1.5
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or PEX	112	(formerly PE 133)	Step Aerobics	(1.5)
or PEX	116	(formerly PE 134)	Water Aerobics	(1)
PEX	161	(formerly PE 154A)	Badminton, Beginning	1
or PEX	261	(formerly PE 154B)	Badminton, Intermediate/Advanced	(2)
PEX	176	(formerly PE 156A)	Golf, Beginning	1
or PEX	276	(formerly PE 156B)	Golf, Intermediate/Advanced	(2)
PEX	124	(formerly PE 143)	Personal Fitness Program	1
or PEX	145	(formerly PE 135A)	Circuit Weight Training, Beginning	(1)
or PEX	245	(formerly PE 135B)	Circuit Weight Training, Intermediate/Advanced	(2)
PEX	185	(formerly PE 150A)	Swimming, Beginning	1
or PEX	284	(formerly PE 150B)	Swimming, Intermediate	(2)
or PEX	285	(formerly PE 150C)	Swimming, Advanced	(2)
PEX	189	(formerly PE 159A)	Tennis, Beginning	1
or PEX	288	(formerly PE 159B)	Tennis, Intermediate	(2)
or PEX	289	(formerly PE 159C)	Tennis, Advanced	(2)
PEX	149	(formerly PE 161A)	Tae Kwon Do, Beginning	1
or PEX	249	(formerly PE 161B)	Tae Kwon Do, Intermediate/Advanced	(2)

Select two courses from the following:

PEX	181	(formerly PE 171A)	Softball, Beginning	1
or PEX	281	(formerly PE 171B)	Softball, Intermediate/Advanced	(2)
PEX	191	(formerly PE 172D)	Volleyball, Introduction	1
or PEX	291	(formerly PE 172B)	Volleyball, Intermediate	(2)
PEX	166	(formerly PE 176A)	Basketball, Beginning	1
or PEX	266	(formerly PE 176B)	Basketball, Advanced	(2)
PEX	178	(formerly PE 179A)	Soccer, Beginning	1
or PEX	278	(formerly PE 179B)	Soccer, Intermediate/Advanced	(2)

**California State University – Fullerton
Athletic Training Major-B.S**

Program Prerequisites

HED	100	Contemporary Health Problems	3
PSYC	101	General Introductory Psychology	3

Recommended courses for preparation:

A&P	120	Introduction to Human Anatomy and Physiology	4
or A&P	150	Introduction to Human Anatomy	(4)
and A&P	151	Introduction to Human Physiology	4
or A&P	200	Human Anatomy	(5)
and A&P	201	Human Physiology	5
KIN	100 (formerly PE 114)	Introduction to Kinesiology	3

NOTE: The Department of Kinesiology offers a Bachelor of Science in Athletic Training through its Athletic Training Education Program (ATEP), which is nationally accredited by the Commission on the Accreditation of Athletic Training Education (CAATE). After transfer, students will complete five semesters of clinical rotations. Upon successful completion, students earn a B.S. in Athletic Training and are eligible to take the Board of Certification (BOC) exam to become a certified athletic trainer (ATC). Please refer to the program website (<http://hhd.fullerton.edu/at/>) for the most current ATEP information.

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Kinesiology Major

A&P	120	Introduction to Human Anatomy and Physiology	4
KIN	100 (formerly PE 114)	Introduction to Kinesiology	3

Select six (6) units from the following:

- Aquatics (1 unit)
- Fitness (1 unit)
- Individual Sports (1 unit)
- Martial Arts/Combative (1 unit)
- Racquet Sports (1 unit)
- Team Sports (1 unit)

Each course counted toward the major must be completed with a grade of "C" (2.0) or higher.

NOTE: After transfer, students must complete 21-unit advising track in one of the following focus areas: Athletic Training, Clinical Exercise Science, Fitness & Health Promotion, Gerokinesiology, Sports Studies, or Teacher Education.

California State University – Long Beach

Athletic Training Major-B.S

A&P	150	Introduction to Human Anatomy	4
or A&P	200	Human Anatomy	(5)
A&P	151	Introduction to Human Physiology	4
or A&P	201	Human Physiology	(5)
CHEM	100	Introductory Chemistry	4
or CHEM	111	General Chemistry	(5)
HO	152	Normal and Therapeutic Nutrition	3
MATH	112	Elementary Statistics	4
or PSYC	210	Elementary Statistics	(4)
KIN	100	Introduction to Kinesiology	3
KIN	102 (formerly PE 107)	Introduction to Athletic Training	3
PHYS	101	General Physics	4
PSYC	101	General Introductory Psychology	3

Kinesiology Major-B.S.

Common Core Requirements for Kinesiology Options

A&P	150	Introduction to Human Anatomy	4
or A&P	200	Human Anatomy	(5)
A&P	151	Introduction to Human Physiology	4
or A&P	201	Human Physiology	(5)
PSYC	101	General Introductory Psychology	3

ADDITIONAL REQUIREMENTS:

Exercise Science Option:

CHEM	111	General Chemistry	5
CHEM	112	General Chemistry	5
MATH	114	College Algebra	4
or MATH	115	Finite Mathematics	(4)
or MATH	116	Calculus for Managerial, Biological and Social Science	(4)
or MATH	150	Precalculus Math	(4)

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or MATH	170	Analytic Geometry and Calculus I	(4)
PHYS	101	General Physics	4
PHYS	102	General Physics	4

Elective Courses: see counselor

BIOL	120	Introduction to Biological Science	4
BIOL	200	Principles of Biology	5
and BIOL	201	Principles of Biology	5
HO	152	Normal and Therapeutic Nutrition	3
MA	161	Medical Terminology	3
MICR	200	Principles and Applications of Microbiology	5

Fitness Option:

HO	152	Normal and Therapeutic Nutrition	3
MATH	112	Elementary Statistics	4
or PSYC	210	Elementary Statistics	(4)
PSYC	101	General Introductory Psychology	3

Take 7 physical activity units (must select seven different classes). See counselor for details.

Elective Courses: see counselor

KIN	102 (formerly PE 107)	Introduction to Athletic Training	4
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Sport Psychology and Leadership Option:

HED	110	Community First Aid and CPR	3
HO	152	Normal and Therapeutic Nutrition	3
MATH	112	Elementary Statistics	4
or PSYC	210	Elementary Statistics	(4)
PSYC	220	Research Methods	4
PSYC	241	Introduction to Psychobiology	3

Take 3 activity units. See counselor for details.

California State University – Northridge

Athletic Training – B.S.

A&P	150	Introduction to Human Anatomy	4
or A&P	200	Human Anatomy	(5)
and A&P	201	Human Physiology	5
A&P	151	Introduction to Human Physiology	4
or A&P	200	Human Anatomy	(5)
and A&P	201	Human Physiology	5
BIOL	120	Introduction to Biological Science	4
HO	152	Normal and Therapeutic Nutrition	3
MATH	112	Elementary Statistics	4
KIN	100 (formerly PE 114)	Introduction to Kinesiology	3
PSYC	101	General Introductory Psychology	3

The B.S. in Athletic Training has a separate application from the CSUN admissions process. Admission criteria includes GPA, observation hours, letters of recommendation and a personal interview with the selection committee. For further information about the Athletic Training Major visit www.csun.edu/hhd/kin. AP credit may be used to satisfy math requirements. See counselor for details.

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Kinesiology Major – B.S.

A&P	150	Introduction to Human Anatomy	4
or A&P	200	Human Anatomy	(5)
and A&P	201	Human Physiology	5
A&P	151	Introduction to Human Physiology	4
or A&P	200	Human Anatomy	(5)
and A&P	201	Human Physiology	5
BIOL	120	Introduction to Biological Science	4
MATH	112	Elementary Statistics	4
KIN	100 (formerly PE 114)	Introduction to Kinesiology	3

ADDITIONAL REQUIREMENTS:

Physical Education Option:

There are no formally articulated courses for Physical Education option.

Exercise Science Option:

CHEM	111	General Chemistry	5
or CHEM	110	Elementary Chemistry	(4)
PHYS	101	General Physics	4

Applied Fitness and Active Lifestyle Development Option:

HO	152	Normal and Therapeutic Nutrition	3
PSYC	101	General Introductory Psychology	3

California State University - Los Angeles

Students are advised to complete ENGL 103 as their CSU GE Critical Thinking requirements. This will also meet a graduation requirement at CSULA as the prerequisite for their writing proficiency requirement.

Complete the required courses as listed below and select one of the following options:

Exercise Science Major - B.S.

A&P	200	Human Anatomy	5
and A&P	201	Human Physiology	5
or A&P	150	Introduction to Human Anatomy	(4)
and A&P	151	Introduction to Human Physiology	4
BIOL	200	Principles of Biology	5
BIOL	201	Principles of Biology	5
CHEM	111	General Chemistry	5
CHEM	112	General Chemistry	5
MATH	150	Precalculus Math	4
PSYC	101	General Introductory Psychology	3

Option I. Exercise and Biosciences

CHEM	112	General Chemistry	5
CHEM	205	Quantitative Analysis Chemistry	4

Option II. Exercise and Nutrition

MICR	200	Principles and Application of Microbiology	5
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Kinesiology Major B.S

Required Core for all Options

Lower Division Required Courses

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A&P	200	Human Anatomy	5
A&P	201	Human Physiology	5
or A&P	150	Introduction to Human Anatomy	(4)
and A&P	151	Introduction to Human Physiology	4
HED	110	Community First Aid and CPR	3
MATH	150	Precalculus Math	4
MATH	112	Elementary Statistics	4
or PSYC	210	Elementary Statistics	(4)
PHYS	100	Elementary Physics	4
PSYC	101	General Introductory Psychology	3
SOC	101	Introductory Sociology Principles	3

Select one of the following options and complete the required courses as listed below.

Option I: Exercise and Human Performance Science

There are no formally articulated courses for **Exercise and Human Performance Science**.

Option II: Rehabilitation and Therapeutic Exercise

There are no formally articulated courses for **Rehabilitation and Therapeutic Exercise**.

Option III: Community Leadership

There are no formally articulated courses for **Community Leadership**.

Option IV: Subject Matter Preparation for Single Subject Teaching Credential

There are no formally articulated courses for **Subject Matter Preparation for Single**.

Subject Teaching Credential

Dance Concentration

Take 2 activity units. See counselor for details.

CAREER OPPORTUNITIES:

Coach, fitness director YMCA and YWCA, outdoor education programs, instructor in private and public camps, rehabilitation centers, teacher/athletic trainer, sports medicine clinics, sports education, community, county, state recreation departments, credential teacher (elementary or secondary).

See State University General Education List.

IMPORTANT NOTICE: The requirements listed for major are subject to change without notice. It is the student's responsibility to check for the most recent information with a Cerritos College counselor or by consulting ASSIST at www.assist.org.

NOTE: Courses listed may require prerequisite coursework.

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ASSIST

How to use **ASSIST** to find your major preparation for CSU/UC:

1. **Log on:** www.assist.org
2. **Select an Institution:** select "Cerritos College" or other community college from pull-down menu
3. **Select:** "Type of Transfer Institution" such as "UC Los Angeles"
4. **Select a major from pull-down menu**
Report will show the university courses on the left and comparable community college classes on the right.
5. **PRINT:**-print by clicking on gold "**PRINT THIS REPORT**" button on top. Then use the **ASSIST** screen menu on the top toolbar or click on the printer icon that will appear at the bottom of the page.

How to use **ASSIST** to explore the majors available at University of California and California State University campuses

- Click on "EXPLORE MAJORS"

How to use **ASSIST** to figure out whether courses from the community college are transferable to the CSU/UC.

- Select the community college of interest (Cerritos College)
- Select either CSU transferable courses or UC Transferable courses
- Select a department for the courses in question

*USC Articulation available at:

www.usc.edu/articulation and **Select:** "TRANSFER PLANNING GUIDE."

IMPORTANT:

Students are advised to contact a Cerritos College counselor for more information & for details regarding other transfer agreements & options not available on ASSIST. Students can stop by the counseling desk to make an appointment or call (562) 860-2451 ext. 2231.