

# GUIDED PATHWAY: KINESIOLOGY

## HEALTH SCIENCES CAREER PATH



For more information, visit the [Dallas College Physical Education webpage](http://www.dcccd.edu/PE) [www.dcccd.edu/PE] and your academic advisor at your campus.

This guided pathway prepares you to transfer to a university to earn a bachelor's degree in Kinesiology. Kinesiology is a broad field with over 30 different career options. These are most often designated as tracks or specializations and grouped as follows: Exercise Science/Fitness, Athletic Training, Health, Allied Health (Occupational Health, Pre-PT, etc.).

This pathway is an example course sequence for students interested in pursuing Kinesiology. It does not represent a contract, nor does it guarantee course availability. Following this pathway will help you earn an Associate of Arts degree, which will increase your chances of transfer to bachelor's level programs. Students must earn at least 25% of the credit hours (15 hours) required for graduation through instruction by Dallas College. See the catalog for [official degree requirements](#).

Visit [www.dcccd.edu/transfer](http://www.dcccd.edu/transfer) and select "Transfer from Dallas College," then click on a university to view more information about transferring to that institution. Speak with your academic advisor to choose courses that will help you to transfer to a specific university.

<b>Catalog Year</b>	2021-2022	You may use this pathway if you entered Dallas College on or before this date.
<b>Degree Type</b>	Associate of Arts	
<b>GPA Requirement</b>	Student must earn a GPA of 2.0 or higher	
<b><a href="#">TSI</a></b>	Must be Complete	

## SEMESTER-BY-SEMESTER MAP FOR FULL-TIME STUDENTS

All pathways can be modified to fit the needs of part-time students. This is not an official program of study. See the catalog for [official degree requirements](#).

### DEGREE MINIMUM: 60 SEMESTER CREDIT HOURS

#### SEMESTER 1 Total Hours: 16

- [ENGL 1301](#) – Composition I *This is a Core course. Must earn a grade of "C" or higher.*
- [HIST 1301](#) – United States History I *This is a Core course.*
- [MATH 1342](#) – Elementary Statistical Methods\* *This is a Core course. Must earn a grade of "C" or higher.*
- [EDUC 1300](#) – Learning Framework *All college students with fewer than 12 semester credit hours of successful college credit (grade of "C" or above) must take a student success course in the first semester.*
- [PHED 1164](#) – Introduction to Physical Fitness and Wellness\* *This is a Core course.*
- [KINE 1301](#) – Foundations of Kinesiology\*

\* There are several options to fulfill this requirement. See your academic advisor for a specific list.

#### SEMESTER 1 ACTION ITEMS

1. Meet with your advisor to confirm your academic and career goals.
2. Meet with a career advisor/coach to research career options with a Kinesiology degree.
3. Begin researching colleges and universities where you would want to major in Kinesiology.

#### SEMESTER 2 Total Hours: 13

- [ENGL 1302](#) – Composition II *This is a Core course.*
- [HIST 1302](#) – United States History II\* *This is a Core course.*
- [KINE 1338](#) – Concepts of Physical Fitness\*
- [PHED x1xx](#) – Any 1-hour Physical Activity Course\*
- CHOOSE ONE:** [SPCH 1311](#) – Introduction to Speech Communication\* *This is a Core course.*  
[SPCH 1315](#) – Public Speaking\* *This is a Core course.* **OR**  
[SPCH 1321](#) – Business & Professional Communication\* *This is a Core course.*

\* There are several options to fulfill this requirement. See your academic advisor for a specific list.

#### SEMESTER 2 ACTION ITEMS

1. Meet with your advisor to request an official program of study audit and confirm or update your academic/career pathway and program of study.
2. Ask about transfer advising to discuss options to pursue a bachelor's degree.

### SEMESTER 3

Total Hours: 16

**GOVT 2305** – Federal Government *This is a Core course.*

**BIOL 2401** – Anatomy and Physiology I\* *This is a Core course. Prerequisite of BIOL 1406 with a grade of "C" or better within the last three years or satisfactory score on the Biology CLEP exam before enrolling in the course.*

**KINE x3xx** – Kinesiology Specialization Course\*\*

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**CHOOSE ONE:** **ENGL 2321** – British Literature\* *This is a Core course.*

**ENGL 2326** – American Literature\* *This is a Core course. OR*

**ENGL 2332** – World Literature I\* *This is a Core course.*

\* There are several options to fulfill this requirement. See your academic advisor for a specific list.

\*\* Course should be selected according to the intended university to which you will transfer. Consult with your academic advisor to choose an appropriate elective.

#### SEMESTER 3 ACTION ITEMS

1. Begin applying to your top-choice universities.
2. Begin applying for Financial Aid and Scholarships.  
You can start the FAFSA in October for the next academic year. (i.e., in October 2021, you can complete the FAFSA if you plan to register for classes at a university Fall 2022)
3. Check with your advisor for important deadlines and dates.

### SEMESTER 4

Total Hours: 15-18

**GOVT 2306** – Texas Government *This is a Core course.*

**ELECTIVE** – (1 – 4 hours)\*\*

**BIOL 2402** – Anatomy and Physiology II\* *This is a Core course.*

**PHED x1xx** – Any 1-hour Physical Activity Course\*

**CHOOSE ONE:** **ARTS 1301** – Art Appreciation\* *This is a Core course.*

**DANC 2303** – Dance Appreciation\* *This is a Core course.*

**DRAM 1310** – Theater Appreciation\* *This is a Core course.*

**HUMA 1315** – Fine Arts Appreciation\* *This is a Core course. OR*

**MUSI 1306** – Music Appreciation\* *This is a Core course.*

**CHOOSE ONE:** **PHED 1304** – Personal/Community Health\* *This is a Core course.*

**PSYC 2314** – Lifespan Growth & Development\* *This is a Core course.*

**PSYC 2301** – General Psychology\* *This is a Core course. OR*

**SOCI 2306** – Human Sexuality\* *This is a Core course.*

\* There are several options to fulfill this requirement. See your academic advisor for a specific list.

\*\* Elective courses should be selected according to the intended university to which you will transfer. Consult with your academic advisor to choose an appropriate elective for the AA.

#### SEMESTER 4 ACTION ITEMS

1. After reviewing your program of study, meet with your advisor to apply for the A.A. degree.
2. Sign up for commencement.
3. Request final transcripts to be sent to the college or university to where you will transfer.
4. Join the [Alumni Network!](#)

**PATHWAY TOTAL: 60-63 SEMESTER CREDIT HOURS**