



Graduation requirement Option A - Kinesiology/Health requirement

Jeff Cardinal, Kinesiology Professor

Graduation requirement Option A - Kinesiology/Health requirement		
College	Required # of Units in Kinesiology/Health/Physical Education	Name of Area
Sierra College	2 units	Health Education/Physical Education
Napa Valley College	3 units	Kinesiology/Health
Chabot College	4 units (1 unit must be physical activity)	Wellness-Health/Physical Activity
Las Positas College	4 units (1 course in health and 1 course in Kinesiology)	Health/Kinesiology
Canada College	2-3 units (2 activity courses required)	Physical Education
Skyline College	2-3 units (2 activity courses required)	Physical Education
College of San Mateo	2-3 units (2 activity courses required)	Physical Education
American River College	1-3 units (1 course required from Kinesiology Activity)	Living Skills
Folsom Lake College	1-3 units (1 course required from Kinesiology Activity)	Living Skills
Sacramento City College	1-3 units (1 course required from Kinesiology Activity)	Living Skills
Cosumnes River College	1-3 units (1 course required from Kinesiology Activity)	Living Skills
Fresno City College	5 units (1 course from Physical Education)	Lifetime Wellness
Yuba College	4 units (1 health or 2 Physical Education classes)	Health/Kinesiology
Ohlone College	2-4 units (2 activity classes or 1 Wellness class)	Physical Education/Wellness
Evergreen Valley College	3 units (1 unit physical activity)	Lifelong Learning & Self-Development
West Valley College	1 unit (physical education or dance activity, not theory classes)	Kinesiology Activity
City College of San Francisco	1-3 units (1 course from each area)	Physical Skills & Health Knowledge
College of Sequoias	8 units (2 units of Dance, Athletics or PE, 3 units of Wellness 3 units of American Institutions)	
Feather River	1 unit	Health & Exercise Studies
Butte College	4-5 units (One 3-unit course and two Kinesiology activity courses)	Self Integration & Kinesiology
Clovis Community College	5 units (at least 1 course from the physical activity area)	Lifetime Skills Requirement
Reedley College	4-5 units (2 Physical Education and/or Dance classes)	Lifetime Wellness
Porterville	3 units (Health Education or any KIN activity course)	Health/Kinesiology
Merced	5 units (Physical Activity classes - 2 units)	Lifelong Understanding and Self-Development
Columbia College	2 units (at least 1 unit has to be a physical activity course)	Activities Requirement
De Anza College	2-5 units (1 unit from Kinesiology/Physical Activity)	Physical/Mental Wellness
Foothill College	4 units (2 different areas, ATHL, Dance, PHDA, PHED)	Lifelong Learning



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27 colleges have a requirement		