

| Graduation requirement Option A - Kinesiology/Health requirement | | |
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| 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, ATHI, Dance, PHDA, PHED) | Lifelong Learning |



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Jeff Cardinal, Kinesiology Professor

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| 27 colleges have a requirement | | |