

# KINESIOLOGY - ASSOCIATE IN ARTS FOR TRANSFER

The Associate in Arts in Kinesiology for Transfer (AA-T) degree will prepare students with the strong foundation necessary for pursuing studies at the university level in various careers in the health, fitness, and sports industries. Career options include: sport coach, strength and conditioning specialist, athletic director, physical therapist, personal trainer, health club owner, exercise physiologist, sport psychologist, sports management and athletic trainer.

**To be awarded the Associate in Arts in Kinesiology for Transfer degree, students must:**

(1) Complete 60 semester units or 90 quarter units which are eligible for transfer to the California State University (CSU) system, including both of the following:

(A) The California General Education Transfer Curriculum (Cal-GETC) Requirements.

(B) A minimum of 18 semester units or 27 quarter units in a major or area of emphasis, as determined by the community college district.

(2) Obtain a minimum grade point average of 2.0.

*While a minimum of 2.0 is required for admission, some majors may require a higher GPA. Please consult with a counselor for more information.*

Associate Degrees for Transfer (ADTs) also require that students must earn a "C" or better in all courses required for the major or area of emphasis. A "P" (Pass) grade is an acceptable grade for courses in the major if the course is taken on a "pass/no pass" basis.

Upon successful completion of this program, students will be able to:

- Identify the role and the importance of regular physical activity as it pertains to the maintenance of health and wellness in today's society.
- Demonstrate anatomical and functional biomechanics consistent with proper execution of movement skills.
- Differentiate current health and wellness trends relating to diet and fitness activities.

## Major Requirements

Course	Title	Credits
<b>Required Core:</b>		<b>13</b>
KIN 005	Introduction to Kinesiology	3
BIOL 071	Human Anatomy	5
BIOL 072	Human Physiology	5
<b>Movement Based Courses: Complete One Course maximum from any three of the four following areas (minimum Three Courses Total)</b>		<b>3</b>
<i>Area Dance -</i>		
DANCE 010	Ballet, Beginning 1	1
DANCE 010B	Ballet, Beginning 2	1
DANCE 011	Ballet, Intermediate I	1
DANCE 011B	Ballet, Intermediate 2	1
DANCE 020	Jazz-Contemporary Dance, Beginning 1	1
DANCE 020B	Jazz-Contemporary Dance, Beginning 2	1

DANCE 021	Jazz-Contemporary, Intermediate 1	1
DANCE 021B	Jazz-Contemporary Dance, Intermediate 2	1
DANCE 023B	Hip-Hop Dance, Beginning 2	1
DANCE 023C	Hip-Hop Dance, Intermediate	1
DANCE 050	Modern-Contemporary Dance, Beginning 1	1
DANCE 050B	Modern-Contemporary Dance, Beginning 2	1
DANCE 051	Modern-Contemporary Dance, Intermediate 1	1
DANCE 051B	Modern-Contemporary Dance, Intermediate 2	1
DANCE 066	Intermediate Ballroom - Latin	1
DANCE 067	Intermediate Ballroom - Swing	1
<i>Area Fitness -</i>		
KINPE 023	Cardio Kickboxing	1
KINPE 030	Fit for Life	1
KINPE 039	Hatha Yoga	1
KINPE 039B	Hatha Yoga-Intermediate	1
KINPE 041	Pilates Mat Workout	1
KINPE 043	Body Sculpting	1
KINPE 050	Cross Fitness	1
KINPE 053	Walking/Jogging for Health	1
KINPE 056	Beginning Weight Training	1
KINPE 056B	Intermediate Weight Training	1
KINPE 059	Yoga for Stress Management	1
KINPE 070	Beginning Hiking	1
KINPE 099A	Spin Cycling	1
KINPE 099B	Intermediate Spin Cycling	1
<i>Area Individual Sports -</i>		
KINPE 008	Archery	1
KINPE 008B	Intermediate Archery	1
KINPE 009	Badminton	1
KINPE 009B	Intermediate Badminton	1
KINPE 017	Beginning Pickleball	1
KINPE 024	Beginning Golf	1
<i>Area Team Sports -</i>		
KINPE 012	Basketball	1
KINPE 012B	Intermediate Basketball	1
KINPE 038	Soccer	1
KINPE 038A	Intermediate Soccer	1
KINPE 040	Softball	1
KINPE 048	Track and Field	1
KINPE 052	Volleyball	1
<b>List A: Complete Two Courses*</b>		<b>6-8</b>
STAT C1000	Introduction to Statistics	3
CHEM 032A	Intro to General, Organic, & Biological Chemistry	4
	or CHEM 001A General Chemistry	
	or CHEM 001AHonors General Chemistry	
PHYS 002A	Algebra/Trigonometry-Based Physics I	4
	or PHYS 004A General Physics	
KIN 025	First Aid, CPR, & AED	3
PSYC C1000	Introduction to Psychology	3
	or PSYC C1000 Introduction to Psychology - Honors	

HED 011	Dynamic Health Concepts	3
<b>Total Units:</b>		<b>22-26</b>

\*Students may take CHEM 001A or CHEM 001AH or CHEM 032A, only one of the three to satisfy LIST A.

\*Students may take PHYS 002A or PHYS 0004A, only one of the two to satisfy LIST A.

\*Students may take PSYC C1000 or PSYC C1000H or SOC 010 or SOC 010H, only one of the four to satisfy LIST A.

## AA-T Degree Requirements

Course	Title	Credits
Major Requirements		22-26
Cal-GETC Requirements		34
Transferable Electives (as needed to reach 60)		8-14
<b>Total Units</b>		<b>60</b>