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.

The AA-T in Kinesiology is intended for students who plan to complete a baccalaureate degree in Kinesiology or a related field of study at a California State University (CSU). Students who complete this degree are guaranteed admission to the CSU system, but not to a particular campus or major. Students transferring to a CSU campus that accepts the AA-T in Kinesiology will be required to complete no more than 60 semester units after transfer to earn a baccalaureate degree.

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, including both of the following:
   A) The Intersegmental General Education Transfer Curriculum (IGETC) or the CSU General Education – Breadth Requirements (CSU GE).
   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.

Program Learning Outcomes

- 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.

A.A.-T Major Requirements

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 005</td>
<td>Introduction to Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 071</td>
<td>Human Anatomy</td>
<td>5</td>
</tr>
<tr>
<td>BIOL 072</td>
<td>Human Physiology</td>
<td>5</td>
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<td>MOVEMENT BASED COURSES: Complete ONE course from three of the following areas</td>
<td>3</td>
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**AREA DANCE:**
- DANCE 010 Ballet, Beginning 1
- DANCE 011 Ballet, Intermediate I
- DANCE 011B Ballet, Intermediate 2
- DANCE 020 Jazz Dance, Beginning
- DANCE 021 Jazz-Contemporary, Intermediate 1
- DANCE 021B Jazz-Contemporary Dance, Intermediate 2
- DANCE 023B Hip-Hop Dance, Beginning
- DANCE 023C Hip-hop Dance, Intermediate
- DANCE 049 Modern Dance, Fundamentals
- DANCE 050 Modern-Contemporary Dance, Beginning 1
- DANCE 051B Modern-Contemporary Dance, Intermediate 2

**AREA FITNESS:**
- KINPE 023 Cardio Kickboxing
- KINPE 030 Fit for Life
- KINPE 039 Hatha Yoga
- KINPE 041 Pilates Mat Workout
- KINPE 043 Body Sculpting
- KINPE 044 Core, Alignment, and Resistance Exercise on the Ball
- KINPE 050 Cross Fitness
- KINPE 053 Walking/Jogging for Health
- KINPE 056 Beginning Weight Training
- KINPE 056B Intermediate Weight Training
- KINPE 059 Yoga for Stress Management
- KINPE 099A Spin Cycling

**AREA INDIVIDUAL SPORTS:**
- KINPE 008 Archery
- KINPE 008B Intermediate Archery
- KINPE 009 Badminton
- KINPE 009B Intermediate Badminton
- KINPE 017 Beginning Pickleball
- KINPE 024 Beginning Golf

**AREA TEAM SPORTS:**
- KINPE 012 Basketball
- KINPE 012B Intermediate Basketball
- KINPE 038 Soccer
- KINPE 040 Softball
- KINPE 052 Volleyball

**LIST A: Select TWO courses**
- BIOL 020 Human Biology
- CHEM 001A General Chemistry
- or CHEM 001AH Honors General Chemistry
- or CHEM032A
- MATH 063 Elementary Statistics
- PHYS 002A Algebra/Trigonometry-Based Physics I
- or PHYS 004A General Physics

Total Units for the Major: 23-26
# A.A.-T Degree Requirements

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>Major Requirements</td>
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<tr>
<td>CSU GE or IGETC for CSU</td>
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<td>37-39</td>
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<tr>
<td>Transferable electives (if necessary to reach 60)</td>
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<td>3-8</td>
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<tr>
<td><strong>Total Units</strong></td>
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<td><strong>60</strong></td>
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