

# 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

| Course   | Title                       | Credits |
|--|-----------------------------|---------|
| KIN 005  | Introduction to Kinesiology | 3       |
| BIOL 071   | Human Anatomy               | 5       |
| BIOL 072   | Human Physiology            | 5       |
| Select one course from each of the following movement based areas: |                             | 3       |

MOVEMENT BASED COURSES: Complete ONE course from three of the following areas

|                                    |  |       |
|------------------------------------|--|-------|
| <b>AREA DANCE:</b>                 |  |       |
| DANCE 010                          | Ballet, Beginning 1                                  | 1     |
| DANCE 011                          | Ballet, Intermediate I                               | 1     |
| DANCE 011B                         | Ballet, Intermediate 2                               | 1     |
| DANCE 020                          | Jazz-Contemporary Dance, Beginning 1                 | 1     |
| DANCE 021                          | Jazz-Contemporary, Intermediate 1                    | 1     |
| DANCE 021B                         | Jazz-Contemporary Dance, Intermediate 2              | 1     |
| DANCE 023B                         | Hip-Hop Dance, Beginning                             | 1     |
| DANCE 023C                         | Hip-hop Dance, Intermediate                          | 1     |
| DANCE 049                          | Modern Dance, Fundamentals                           | 1     |
| DANCE 050                          | Modern-Contemporary Dance, Beginning 1               | 1     |
| DANCE 051B                         | Modern-Contemporary Dance, Intermediate 2            | 1     |
| <b>AREA FITNESS:</b>               |  |       |
| KINPE 023                          | Cardio Kickboxing                                    | 1     |
| KINPE 030                          | Fit for Life   | 1     |
| KINPE 039                          | Hatha Yoga   | 1     |
| KINPE 041                          | Pilates Mat Workout                                  | 1     |
| KINPE 043                          | Body Sculpting                                       | 1     |
| KINPE 044                          | Core, Alignment, and Resistance Exercise on the Ball | 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 099A                         | Spin Cycling   | 1     |
| <b>AREA INDIVIDUAL SPORTS:</b>     |  |       |
| 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     |
| <b>AREA TEAM SPORTS:</b>           |  |       |
| KINPE 012                          | Basketball   | 1     |
| KINPE 012B                         | Intermediate Basketball                              | 1     |
| KINPE 038                          | Soccer   | 1     |
| KINPE 040                          | Softball   | 1     |
| KINPE 052                          | Volleyball   | 1     |
| <b>LIST A: Select TWO courses*</b> |  |       |
| BIOL 020                           | Human Biology  | 4     |
| CHEM 001A                          | General Chemistry <sup>1</sup>                       | 5     |
|                                    | or CHEM 001A† Honors General Chemistry               |       |
|                                    | or CHEM032A  |       |
| MATH 063                           | Elementary Statistics                                | 3     |
| PHYS 002A                          | Algebra/Trigonometry-Based Physics I                 | 4     |
|                                    | or PHYS 004A General Physics                         |       |
| Total Units for the Major:         |  | 23-26 |

## A.A.-T Degree Requirements

| Course  | Title | Credits   |
|---|-------|-----------|
| Major Requirements                                |       | 22-26     |
| CSU GE or IGETC for CSU                           |       | 37-39     |
| Transferable electives (if necessary to reach 60) |       | 3-8       |
| <b>Total Units</b>                                |       | <b>60</b> |