

## 2020-2021 Kinesiology Associate in Arts for Transfer Degree

Complete the following program of study. (Major #C.1270.AA-T). Major requirements (21-24 units minimum). The Kinesiology Associate in Arts for Transfer Degree prepares students for transfer into four-year kinesiology programs. A diverse field of academic study and practical application in kinesiology allows students to pursue studies in fields such as kinesiology/physical education credential programs, exercise science, athletic training/sports medicine, and sports administration.

Name: \_\_\_\_\_ Student ID: \_\_\_\_\_ Date: \_\_\_\_\_

### Course Overview and Selection

#### Required Core:

Course	Course Description	Units	Course ID	Completed	In Progress	Planned
<b>BIOL 20</b>	Human Anatomy	<b>4</b>	BIOL 110B			
<b>BIOL 22</b>	Human Physiology	<b>5</b>	BIOL 120B			
<b>KINE 22</b>	Introduction To Kinesiology	<b>3</b>	KIN 100			

List A - Select 3 units from the following with at least 3 courses (Note: some of the PE courses below are .5 units each):

Course	Course Description	Units	Completed	In Progress	Planned
<b>DANCE 9</b>	Dance Conditioning	<b>1</b>			
<b>DANCE 10</b>	Modern Dance	<b>1</b>			
<b>DANCE 14</b>	Beginning Jazz Dance	<b>1</b>			
<b>DANCE 15</b>	Intermediate Jazz Dance Technique	<b>1</b>			
<b>DANCE 28</b>	Intermediate Modern Dance Technique	<b>1</b>			
<b>PE 2</b>	Aerobics (Dance, Step Or Water)	<b>1</b>			
<b>PE 6</b>	Fitness and Health	<b>1</b>			
<b>PE 7</b>	Golf	<b>0.5</b>			
<b>PE 8</b>	Martial Arts/Self Defense	<b>1</b>			
<b>PE 12</b>	Beginning Swim for Fitness	<b>1</b>			
<b>PE 12B</b>	Intermediate Swim for Fitness	<b>1</b>			
<b>PE 14</b>	Volleyball	<b>1</b>			
<b>PE 15</b>	Weight Training	<b>1</b>			
<b>PE 15B</b>	Advanced Weight Training	<b>1</b>			
<b>PE 16</b>	Fitness Walking	<b>1</b>			
<b>PE 18</b>	Floor Exercises	<b>1</b>			
<b>PE 19</b>	Weight Training and Aerobics	<b>1</b>			
<b>PE 19B</b>	Advanced Weight Training and Aerobics	<b>1</b>			
<b>PE 29</b>	Yoga	<b>1</b>			
<b>PE 36B</b>	Competitive Soccer	<b>3</b>			
<b>PE 36C</b>	Off-season Conditioning for Soccer	<b>1</b>			
<b>PE 43B</b>	Competitive Swimming and Diving	<b>3</b>			
<b>PE 43C</b>	Off-Season Conditioning for Swimming	<b>1</b>			
<b>PE 45</b>	Performance Training and Conditioning Techniques for Intercollegiate Athletics	<b>1-2</b>			
<b>PE 49</b>	Weight Training for Collegiate Athletes	<b>1</b>			
<b>PE 49A</b>	Beginning Circuit Training	<b>1</b>			
<b>PE 71</b>	Soccer	<b>1</b>			

Continued on next page.

**List B - Select two courses:**

Course	Course Description	Units	Course ID	Completed	In Progress	Planned
<b>BIOL 5</b>	Human Biology	<b>4</b>	N/A			
<b>CHEM 1A</b>	General Chemistry	<b>5</b>	CHEM 110			
<b>HLTH 2</b>	First Aid and Safety	<b>3</b>	KIN 101			
<b>MATH 11 or STAT 7</b>	Elementary Statistics or Elementary Statistics	<b>4</b>	MATH 110			
<b>PHYS 2A or PHYS 4A</b>	General Physics 1 or General Physics for Scientists and Engineers	<b>4</b>	PHYS 105 or PHYS 205			

**Total units for major does not include required general education or pre-requisite courses.**

**Program Learning Outcomes:**

1. Plan, implement, practice, and/or measure appropriate physical activities, which promote improved levels of muscular strength and endurance, cardio-respiratory endurance, flexibility, and body composition.
2. Acquire skills and/or knowledge of skill sets (physical and/or psychological), demonstrate basic knowledge of rules and/or terminology and identify necessary equipment for specific physical activities and programs.
3. Recognize the relationship between physical activity, fitness, and wellness.
4. Briefly summarize historical events and trends in relationship to physical education, identify policies and practices of physical educators and programs, and recognize the sub-levels of the discipline.

To obtain the Kinesiology Associate in Arts for Transfer Degree, students must complete the following requirements:

- Completion of 60 semester units or 90 quarter units that are eligible for transfer to the California State University, including both of the following:
  - The Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education – Breadth requirements.
  - A minimum of 18 semester units or 27 quarter units in a major or area of emphasis, as determined by the community college district.
- Obtainment of a minimum grade point average of 2.0. Associate Degrees for Transfer (ADTs) also require that students must earn a “C” grade or better in all courses required for the major or area of emphasis.

**Notes:**

- CSU GE-Breadth and IGETC advising sheets are available in Student Services, AC2#133 or online at [CCC GE \(CSU/UC\) GE and Major Sheets](#)
- Courses may double count in the major and CSU GE-Breadth or IGETC  
 To see what CSU campuses, accept this degree go to [www.adegreewithaguarantee.com](http://www.adegreewithaguarantee.com).

**Comments:**