

## 2024 - 2025 Associate in Arts in Kinesiology for Transfer Degree

Complete the following program of study. (Major #C.1270.AA-T). Major requirements (21units 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>KINES 22</b>	Introduction To Kinesiology	<b>3</b>	KIN 100			

Movement-Based Courses (3 unit minimum) Select one course maximum from three of the following areas:  
*A course can only be used once to meet an AREA.*

#### AREA 1: Aquatics

Course	Course Description	Units	Completed	In Progress	Planned
<b>PE 12</b>	Beginning Swim for Fitness	<b>1</b>			
<b>PE 12B</b>	Intermediate Swim for Fitness	<b>1</b>			

#### AREA 2: Dance

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 12A</b>	Ballet	<b>1</b>			
<b>DANCE 14</b>	Beginning Jazz Dance	<b>1</b>			
<b>DANCE 15</b>	Intermediate Jazz Dance	<b>1</b>			
<b>DANCE 28</b>	Intermediate Modern Dance	<b>1</b>			

#### AREA 3: Fitness

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 12A</b>	Ballet	<b>1</b>			
<b>DANCE 14</b>	Beginning Jazz Dance	<b>1</b>			
<b>DANCE 15</b>	Intermediate Jazz Dance	<b>1</b>			
<b>DANCE 28</b>	Intermediate Modern Dance	<b>1</b>			
<b>PE 6</b>	Fitness and Health	<b>1</b>			
<b>PE 7</b>	Golf	<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 19</b>	Weight Training and Aerobics	<b>1</b>			
<b>PE 29</b>	Yoga	<b>1</b>			
<b>PE 49A</b>	Beginning Circuit Training	<b>1</b>			

**AREA 4: Individual Sports**

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 12A</b>	Ballet	<b>1</b>			
<b>DANCE 14</b>	Beginning Jazz Dance	<b>1</b>			
<b>DANCE 15</b>	Intermediate Jazz Dance	<b>1</b>			
<b>DANCE 28</b>	Intermediate Modern Dance	<b>1</b>			
<b>PE 7</b>	Golf	<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>			

**AREA 5: Team Sports**

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 12A</b>	Ballet	<b>1</b>			
<b>DANCE 14</b>	Beginning Jazz Dance	<b>1</b>			
<b>DANCE 15</b>	Intermediate Jazz Dance	<b>1</b>			
<b>DANCE 28</b>	Intermediate Modern Dance	<b>1</b>			
<b>PE 7</b>	Golf	<b>1</b>			
<b>PE 14</b>	Volleyball	<b>1</b>			
<b>PE 71</b>	Soccer	<b>1</b>			

**List A - 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 3A</b> <i>or</i> <b>CHEM 1A</b>	Introduction to General Chemistry (4) <i>or</i> General Chemistry (5)	4 - 5	N/A CHEM 110			
<b>HLTH 2</b>	First Aid and Safety	<b>3</b>	KIN 101			
<b>MATH 11</b> <i>or</i> <b>STAT 7</b>	Elementary Statistics <i>or</i> Elementary Statistics	<b>4</b>	MATH 110			
<b>PHYS 2A</b> <i>or</i> <b>PHYS 4A</b>	General Physics 1 <i>or</i> General Physics for Scientists and Engineers I	<b>4</b>	PHYS 105 PHYS 205			

**Total units for major does not include required general education or prerequisite 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.icangotocollege.com](http://www.icangotocollege.com).

### Comments: