

2025 - 2026 Associate in Arts in Kinesiology for Transfer Degree

Complete the following program of study. (Major #C.1270.AA-T). Major requirements (21 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
BIOL 20	Human Anatomy	4	BIOL 110B			
BIOL 22	Human Physiology	5	BIOL 120B			
KINES 22	Introduction To Kinesiology	3	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
PE 12	Beginning Swim for Fitness	1			
PE 12B	Intermediate Swim for Fitness	1			

AREA 2: Dance

Course	Course Description	Units	Completed	In Progress	Planned
DANCE 9	Dance Conditioning	1			
DANCE 10	Modern Dance	1			
DANCE 12A	Ballet	1			
DANCE 14	Beginning Jazz Dance	1			
DANCE 15	Intermediate Jazz Dance	1			
DANCE 28	Intermediate Modern Dance	1			

AREA 3: Fitness

Course	Course Description	Units	Completed	In Progress	Planned
DANCE 9	Dance Conditioning	1			
DANCE 10	Modern Dance	1			
DANCE 12A	Ballet	1			
DANCE 14	Beginning Jazz Dance	1			
DANCE 15	Intermediate Jazz Dance	1			
DANCE 28	Intermediate Modern Dance	1			
PE 6	Fitness and Health	1			
PE 7	Golf	1			
PE 15	Weight Training	1			
PE 15B	Advanced Weight Training	1			
PE 16	Fitness Walking	1			
PE 19	Weight Training and Aerobics	1			
PE 29	Yoga	1			
PE 49A	Beginning Circuit Training	1			

AREA 4: Individual Sports

Course	Course Description	Units	Completed	In Progress	Planned
DANCE 9	Dance Conditioning	1			
DANCE 10	Modern Dance	1			
DANCE 12A	Ballet	1			
DANCE 14	Beginning Jazz Dance	1			
DANCE 15	Intermediate Jazz Dance	1			
DANCE 28	Intermediate Modern Dance	1			
PE 7	Golf	1			
PE 12	Beginning Swim for Fitness	1			
PE 12B	Intermediate Swim for Fitness	1			

AREA 5: Team Sports

Course	Course Description	Units	Completed	In Progress	Planned
DANCE 9	Dance Conditioning	1			
DANCE 10	Modern Dance	1			
DANCE 12A	Ballet	1			
DANCE 14	Beginning Jazz Dance	1			
DANCE 15	Intermediate Jazz Dance	1			
DANCE 28	Intermediate Modern Dance	1			
PE 7	Golf	1			
PE 14	Volleyball	1			
PE 71	Soccer	1			

List A - Select two courses:

Course	Course Description	Units	Course ID	Completed	In Progress	Planned
BIOL 5	Human Biology	4	N/A			
CHEM 3A or CHEM 1A	Introduction to General Chemistry (4) <i>or</i> General Chemistry (5)	4 - 5	N/A CHEM 110			
HLTH 2	First Aid and Safety	3	KIN 101			
BA 23 or STAT C1000	Elementary Statistics or Introduction to Statistics	4	MATH 110			
PHYS 2A or PHYS 4A	General Physics 1 or General Physics for Scientists and Engineers I	4	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 of degree-applicable courses,
- Minimum overall grade point average of 2.0,
- Minimum grade of "C" (or "P") for each course in the major, and
- Completion of Cal-GETC.*
**Students who maintain catalog rights prior to Fall 2025 may use IGETC or CSU-GE Breadth.*
- Cal-GETC and Major 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/transfer-tool

Common Course Number (CCN) effective Fall 2025:

The following changes are in effect Fall 2025 to align with AB1111 (CCN):

English (ENGL)

- ENGL C1000 *formerly* ENGL 1A;
- ENGL C1000H *formerly* ENGL 1AH
- ENGL C1001 *formerly* ENGL 3;
- ENGL C1001H *formerly* ENGL 3H

Communication Studies (COMM)

- COMM C1000 *formerly* COMM 1;
- COMM C1000H *formerly* COMM 1H

Political Science (POLS) *former prefix POLSCI

- POLS C1000 *formerly* POLSCI 2;
- POLS C 1000H *formerly* POLSCI 2H

Psychology (PSYC) *former prefix PSY

- PSYC C1000 *formerly* PSY 2;
- PSYC C100H *formerly* PSY 2H

Statistics (STAT)

- STAT C1000 *formerly* MATH 11
* BA 23 *formerly* STAT 7.

Faculty Advisor(s): Albertson, Ramirez