The Associate in Arts in Kinesiology is designed to provide students preparing to transfer with the foundation to complete a Bachelor’s Degree in Kinesiology. Students will be able to pursue careers in teaching, coaching, physical therapy, athletic training, and adaptive physical education.

The Associate in Arts in Kinesiology for Transfer (AA-T) Degree is intended to meet the lower division requirements for Kinesiology majors (or similar majors) at a CSU campus that offers a Kinesiology baccalaureate degree.

In addition to the courses listed below, the following additional requirements must be met for completion of the Associate in Arts in Kinesiology for Transfer Degree:

1. Completion of a minimum of 60 CSU-transferable semester units.
2. Achievement of a minimum GPA of at least 2.0 in all CSU-transferable coursework (some majors may require a higher GPA; students should consult with a counselor for more information).
3. Completion of the major with a grade of “C” or better in each course or a “P” if the course was taken on a Pass/No Pass basis and the “P” is equal to a “C” or better.
4. Certified completion of the California State University General Education-Breadth (CSU GE) pattern; OR the Intersegmental General Education Transfer Curriculum (IGETC) pattern.

<table>
<thead>
<tr>
<th>Required Courses</th>
<th>Units</th>
<th>N</th>
<th>IP</th>
<th>C</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 125 Human Anatomy</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BIOL 226 *Human Physiology</td>
<td>4</td>
<td></td>
<td></td>
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<tr>
<td>KIN 194 Introduction to Kinesiology</td>
<td>3</td>
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</tbody>
</table>

**Movement Based Courses - Select a maximum of one (1) course from any three (3) of the following areas for a minimum of three (3) units:**

**AQUATICS:**
- KINA 117 Swimming I: 1 unit
- KINA 217 Swimming II: 1 unit

**DANCE:**
- DANC 150 Introduction to World Dance: 1 unit
- DANC 151 Modern Dance I: 1 unit
- DANC 153 Ballet I: 1 unit
- DANC 154 Jazz Dance I: 1 unit
- DANC 157 Hip-Hop Dance: 1 unit
- DANC 251 Modern Dance II: 1 unit
- DANC 253 Ballet II: 1 unit
- DANC 254 Jazz Dance II: 1 unit

**FITNESS:**
- DANC 114 Conditioning and Alignment for the Dancer: 1 unit
- KINA 120 Swim for Fitness: 1 unit
- KINA 130 Lifelong Fitness Laboratory: 1 unit
- KINA 132 Aqua Aerobics: 1 unit
- KINA 134 Cardio Boot Camp: 1 unit
- KINA 136 Pilates Mat I: 1 unit
- KINA 139 Cross Training for Fitness: 1 unit
- KINA 140 Walking for Fitness: 1 unit
- KINA 148 Strength Training: 1 unit
- KINA 158 Yoga I: 1 unit
- KINA 230 Lifelong Fitness Center II: Cardiovascular Fitness: 1 unit
- KINA 258 Yoga II: 1 unit

**INDIVIDUAL SPORTS:**
- KINA 101 Tennis I: 1 unit
- KINA 107 Badminton I: 1 unit
- KINA 113 Golf I: 1 unit
**TEAM SPORTS:**
- KINA 103 Softball I 1
- KINA 104 Volleyball I 1
- KINA 105 Basketball I 1
- KINA 109 Soccer I 1
- KINA 110 Futsal (Indoor Soccer) 1
- KINA 201 Tennis II 1
- KINA 204 Volleyball II 1
- KINA 205 Basketball II 1
- KINA 207 Badminton II 1
- KINA 209 Soccer II 1
- KINA 213 Golf II 1

Choose 2 courses from the following:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>MATH 130</td>
<td>*Statistics</td>
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<tr>
<td>Math 130H</td>
<td>*Statistics Honors</td>
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<tr>
<td>PSY 190</td>
<td>*Statistics for the Behavioral Sciences</td>
<td>4</td>
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<tr>
<td>CHEM 130</td>
<td>*General Chemistry</td>
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<tr>
<td>PHY 150</td>
<td>*General Physics I</td>
<td>4</td>
</tr>
<tr>
<td>PHY 211</td>
<td>*Physics for Scientists and Engineers I</td>
<td>4</td>
</tr>
<tr>
<td>KIN 193</td>
<td>Standard First Aid and C.P.R.</td>
<td>3</td>
</tr>
</tbody>
</table>

Required Subtotal: 21-23

CSU GE or IGETC Pattern: varies

Transferable Electives: as needed to reach 60 transferable units

Total transferable units needed for Associate in Arts: 60

*Prerequisite/Corequisite

Note: Students are advised to check with the Counseling Department or Transfer Center for the courses accepted into the Kinesiology major at the CSU where they seek to transfer.