



DIVISION OF KINESIOLOGY, DANCE, AND ATHLETICS

KINESIOLOGY FOR TRANSFER

ASSOCIATE IN ARTS DEGREE

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.

| Required Courses | | Units | N | IP | C |
|---|--|-------|---|----|---|
| BIOL 125 | Human Anatomy | 4 | | | |
| BIOL 226 | *Human Physiology | 4 | | | |
| KIN 194 | Introduction to Kinesiology | 3 | | | |
| 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 | | | |
| KINA 217 | Swimming II | 1 | | | |
| DANCE: | | | | | |
| DANC 150 | Introduction to World Dance | 1 | | | |
| DANC 151 | Modern Dance I | 1 | | | |
| DANC 153 | Ballet I | 1 | | | |
| DANC 154 | Jazz Dance I | 1 | | | |
| DANC 157 | Hip-Hop Dance | 1 | | | |
| DANC 251 | Modern Dance II | 1 | | | |
| DANC 253 | Ballet II | 1 | | | |
| DANC 254 | Jazz Dance II | 1 | | | |
| FITNESS: | | | | | |
| DANC 114 | Conditioning and Alignment for the Dancer | 1 | | | |
| KINA 120 | Swim for Fitness | 1 | | | |
| KINA 130 | Lifelong Fitness Laboratory | 1 | | | |
| KINA 132 | Aqua Aerobics | 1 | | | |
| KINA 134 | Cardio Boot Camp | 1 | | | |
| KINA 136 | Pilates Mat I | 1 | | | |
| KINA 139 | Cross Training for Fitness | 1 | | | |
| KINA 140 | Walking for Fitness | 1 | | | |
| KINA 148 | Strength Training | 1 | | | |
| KINA 158 | Yoga I | 1 | | | |
| KINA 230 | Lifelong Fitness Center II: Cardiovascular Fitness | 1 | | | |
| KINA 258 | Yoga II | 1 | | | |
| INDIVIDUAL SPORTS: | | | | | |
| KINA 101 | Tennis I | 1 | | | |
| KINA 107 | Badminton I | 1 | | | |
| KINA 113 | Golf I | 1 | | | |

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| 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: | | | | |
| MATH 130 Or | *Statistics | 4 | | |
| Math 130H Or | *Statistics Honors | 4 | | |
| PSY 190 | *Statistics for the Behavioral Sciences | 4 | | |
| CHEM 130 | *General Chemistry | 5 | | |
| PHY 150 Or | *General Physics I | 4 | | |
| PHY 211 | *Physics for Scientists and Engineers I | 4 | | |
| KIN 193 | Standard First Aid and C.P.R. | 3 | | |
| | | | | |
| 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.