

DIVISION OF KINESIOLOGY 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 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. Completion of the California General Education Transfer Curriculum (Cal-GETC). Continuing students who started prior to Fall 2025 may follow CSU GE or IGETC.

Required Courses		Units	N	IP	C
<b>BIOL 125</b>	Human Anatomy	<b>4</b>			
<b>BIOL 226</b>	*Human Physiology	<b>4</b>			
<b>KIN 194</b>	Introduction to Kinesiology	<b>3</b>			
<i><b>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:</b></i>					
<b><u>AQUATICS:</u></b>					
<b>KINA 117</b>	Swimming I	<b>1</b>			
<b>KINA 217</b>	Swimming II	<b>1</b>			
<b><u>DANCE:</u></b>					
<b>DANC 150</b>	Introduction to World Dance	<b>1</b>			
<b>DANC 151</b>	Modern Dance I	<b>1</b>			
<b>DANC 153</b>	Ballet I	<b>1</b>			
<b>DANC 154</b>	Jazz Dance I	<b>1</b>			
<b>DANC 157</b>	Hip-Hop Dance	<b>1</b>			
<b>DANC 251</b>	Modern Dance II	<b>1</b>			
<b>DANC 253</b>	Ballet II	<b>1</b>			
<b>DANC 254</b>	Jazz Dance II	<b>1</b>			
<b><u>FITNESS:</u></b>					
<b>DANC 114</b>	Conditioning and Alignment for the Dancer	<b>1</b>			
<b>KINA 120</b>	Swim for Fitness	<b>1</b>			
<b>KINA 130</b>	Lifelong Fitness Laboratory	<b>1</b>			
<b>KINA 132</b>	Aqua Aerobics	<b>1</b>			
<b>KINA 134</b>	Cardio Boot Camp	<b>1</b>			
<b>KINA 136</b>	Pilates Mat I	<b>1</b>			
<b>KINA 139</b>	Cross Training for Fitness	<b>1</b>			
<b>KINA 140</b>	Walking for Fitness	<b>1</b>			
<b>KINA 148</b>	Strength Training	<b>1</b>			
<b>KINA 158</b>	Yoga I	<b>1</b>			
<b>KINA 230</b>	Lifelong Fitness Center II: Cardiovascular Fitness	<b>1</b>			
<b>KINA 258</b>	Yoga II	<b>1</b>			
<b><u>INDIVIDUAL SPORTS:</u></b>					
<b>KINA 101</b>	Tennis I	<b>1</b>			
<b>KINA 107</b>	Badminton I	<b>1</b>			
<b>KINA 113</b>	Golf I	<b>1</b>			

<b>TEAM SPORTS:</b>					
<b>KINA 103</b>	Softball I	1			
<b>KINA 104</b>	Volleyball I	1			
<b>KINA 105</b>	Basketball I	1			
<b>KINA 109</b>	Soccer I	1			
<b>KINA 110</b>	Futsal (Indoor Soccer)	1			
<b>KINA 201</b>	Tennis II	1			
<b>KINA 204</b>	Volleyball II	1			
<b>KINA 205</b>	Basketball II	1			
<b>KINA 207</b>	Badminton II	1			
<b>KINA 209</b>	Soccer II	1			
<b>KINA 213</b>	Golf II	1			
<b>Choose 2 courses from the following:</b>					
<b>STAT C1000</b>	Or *Introduction to Statistics	4			
<b>STAT C1000H</b>	Or *Introduction to Statistics-Honors	4			
<b>PSY 190</b>	*Statistics for the Behavioral Sciences	4			
<b>CHEM 130</b>	*General Chemistry	5			
<b>PHY 150</b>	Or *General Physics I	4			
<b>PHY 211</b>	*Physics for Scientists and Engineers I	4			
<b>KIN 193</b>	Standard First Aid and C.P.R.	3			
<b>Required Subtotal</b>		<b>21-23</b>			
<b>Cal-GETC Pattern</b>		<b>varies</b>			
<b>Transferable Electives</b>		<b>as needed to reach 60 transferable units</b>			
<b>Total transferable units needed for Associate in Arts</b>		<b>60</b>			
*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.