

# KINESIOLOGY, ASSOCIATE IN ARTS FOR TRANSFER

The Associate in Arts in Kinesiology for Transfer (AA-T) offers a comprehensive program of study of the movement of the human body and includes courses in sports, fitness, human anatomy and physiology. The program is designed to prepare students for professions involving physical activity, exercise, and the science of human movement and its relationship to human health and disease, and for graduate study in related areas. The bachelor's degrees in Kinesiology offered at the CSU span a wide range of options such as exercise and human performance, motor learning, biomechanics, sports, dance, physical education, pre-physical therapy, and teaching health and wellness. Graduates in the field may find career opportunities in the areas of athletic training, coaching, health and fitness businesses, physical education, public health, and therapeutic exercise and rehabilitation.

The Associate in Arts in Kinesiology for Transfer (AA-T in Kinesiology) is intended for students who plan to complete a bachelor's degree in Kinesiology or a "similar" major at a CSU campus. For a current list of what majors (and what options or areas of emphasis within that major) have been designated as "similar" to this degree at each CSU campus, please refer to CSU's Associate Degree for Transfer Major and Campus Search (<https://www.calstate.edu/apply/transfer/Pages/associate-degree-for-transfer-major-and-campus-search.aspx>) and seek guidance from an Oxnard College counselor. Students completing this degree are guaranteed admission to the CSU system, although not necessarily to a particular CSU campus or major.

## To earn an AA-T in Kinesiology degree, students must:

- Complete a minimum of 60 CSU-transferable semester units including both of the following:
  - Certified completion of the Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education – Breadth (CSU GE-Breadth) requirements.
  - A minimum of 21 semester units in the Kinesiology major as listed in the Oxnard College catalog.
- Obtain a minimum grade point average (GPA) of at least 2.0 in all CSU-transferable coursework. While a minimum of 2.0 is required for admission, some majors may require a higher GPA. Please consult with a counselor for more information.
- Obtain a grade of "C" or better or "P" in all courses required in the major. Even though a "pass-no-pass" is allowed (Title 5 § 55063), it is highly recommended that students complete their major courses with a letter grade.
- Complete requirements in residency. For students in the Ventura County Community College District, a minimum of 12 units must be completed in residence at the college granting the degree.

Students transferring to a CSU campus that accepts the Kinesiology AA-T will be required to complete no more than 60 units after transfer to earn a bachelor's degree (unless the major is a designated "high-unit" major at a particular campus). This degree may not be the best option for students intending to transfer to a particular CSU campus or to a university or college that is not part of the CSU system. Students should consult with a counselor when planning to complete the degree for more information on university admission and transfer requirements.

Course ID	Title	Units/Hours
<b>Required Core Courses</b>		<b>14</b>
KIN R100	Introduction to Kinesiology	
ANAT R101	General Human Anatomy	
PHSO R101	Human Physiology	
<b>Movement Based Courses:</b>		<b>9</b>
Select a maximum of one course from three of the following areas for a minimum of 3 units:		
<b>Combatives</b>		
KIN R120A	Kickboxing for Fitness I	
KIN R120B	Kickboxing for Fitness II	
KIN R121A	Boxing for Fitness I	
KIN R121B	Boxing for Fitness II	
KIN R123	Escrima/Filipino Martial Arts	
KIN R124	Jujitsu	
<b>Dance</b>		
DANC R102A	Modern Dance I	
DANC R102B	Modern Dance II	
DANC R104A	Modern Jazz I	
DANC R104B	Modern Jazz II	
DANC R110A	Mexican Folklorico Dance I	
DANC R110B	Mexican Folklorico Dance II	
DANC R112A	Introduction to Hip-Hop Dance	
DANC R112B	Beginning Hip-Hop Dance	
<b>Fitness</b>		
KIN R140	Walking for Fitness	
KIN R141	Running for Fitness	
KIN R142A	Yoga I	
KIN R142B	Yoga II	
KIN R143	Pilates Mat	
KIN R144	Core Stability and Stretch	
KIN R145A	Body Conditioning Boot Camp I	
KIN R145B	Body Conditioning Boot Camp II	
KIN R146A	Weight Training and Conditioning I	
KIN R146B	Weight Training and Conditioning II	
KIN R147A	Women's Conditioning I	
KIN R147B	Women's Conditioning II	
KIN R148	Power Lifting and Free Weights	
<b>Individual Sports</b>		
KIN R123	Escrima/Filipino Martial Arts	
KIN R124	Jujitsu	
<b>Team Sports</b>		
KIN R162A	Soccer I	
KIN R162B	Soccer II	
KIN R163A	Basketball I	
KIN R163B	Basketball II	
KIN R164A	Baseball I	
KIN R164B	Baseball II	
KIN R165A	Volleyball I	
KIN R165B	Volleyball II	

Select two courses from the following:

MATH R105	Introductory Statistics	
	or MATH R105H Honors: Introductory Statistics	
	or PSY R103 Beginning Statistics for Behavioral Science	
	or SOC R125 Statistics for the Behavioral and Social Sciences	
CHEM R110	Elementary Chemistry	
	or CHEM R120 General Chemistry I	
PHYS R101 & R101L	College Physics 1 and College Physics 1 Laboratory	
	or PHYS R131 Physics for Scientists and Engineers 1	
HED R105	CPR, AED, First Aid, and Personal Safety	
PSY R101	General Psychology	3
	or PSY R101H Honors: General Psychology	
	or SOC R101 Introduction to Sociology	
	or SOC R101H Honors: Introduction to Sociology	
HED R104	Personal Health and Wellness	3
<b>Total Required Major Units</b>		<b>21-27</b>
<b>CSU General Education</b>		<b>39</b>
Double-Counted Units		- 7-13
Electives (CSU transferable units needed to reach 60)		7-13
<b>Total Units Required for AA-T Degree</b>		<b>60</b>
OR		
<b>IGETC</b>		<b>37</b>
Double-Counted Units		- 4-10
Free Elective Required		0-12
<b>Total Units Required for AA-T Degree</b>		<b>60</b>

Upon successful completion of this program, students will be able to:

- Articulate how to develop personal health and longevity through appropriate physical activity and theory courses.
- Demonstrate basic knowledge of functional human anatomy, physiology and biomechanics in relation to performing a variety of physical activity skills.
- Discover the role physical activity plays in achieving and maintaining quality of life.
- Demonstrate motivational techniques and apply them to create lifestyle changes in fitness and health.
- Apply fitness principles and biometric measures to design, develop, and implement an effective personalized fitness program.