

# KINESIOLOGY, ASSOCIATE IN ARTS FOR TRANSFER

Students who complete course work toward an Associate in Arts in Kinesiology for Transfer Degree (AA-T in Kinesiology) will utilize the science of Kinesiology to better understand and explain problems and issues with human movement, fitness, and health. Students will also apply the science of Kinesiology to complete the program outcomes which include the ability to understand, appreciate and achieve the maximum benefits provided by physical movement for the development of an individual's health and wellness

The Associate in Arts in Kinesiology for Transfer (AA-T) program is designed to prepare students for CSU transfer to complete a bachelor's degree in Kinesiology or a "similar" major at a CSU campus. Each CSU campus determines which of the degrees it offers are "similar" and can be completed with the preparation included in the AA-T in Kinesiology within 60 units once a student transfers, so which majors are "similar" varies from CSU to CSU. 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 [icangotocollege.com](http://icangotocollege.com) and Campus Search webpage and seek guidance from a College counselor.

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

- Complete of **60** semester or 90 quarter units that are eligible for transfer to the California State University, including both of the following:
  - The Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education-Breadth (CSU GE-Breadth) requirements
  - A minimum of **20-25** semester units in Kinesiology major as listed in the Moorpark 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 transfer institutions and 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 (A, B, or C).
- Complete requirements in residency. For students in the Ventura County Community College District, a minimum of 12 units must be completed in residency at the college granting the degree.

Students transferring to a CSU campus that **does** accept the AA-T in Kinesiology 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 to obtain more information on university admission and transfer requirements.

Course ID	Title	Units/ Hours
<b>REQUIRED CORE</b>		
KIN M01	Introduction to Kinesiology	3
ANAT M01	Human Anatomy	4

PHSO M01	Human Physiology	4
or PHSO M01H	Honors: Human Physiology	
Units from Movement-Based Courses		3-4
Units from List A		6-10

**Total Units** **20-25**

Course ID	Title	Units/ Hours
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## Movement-Based Courses

Select one from three of the following areas: 6-10

### Dance:

DANC M10A	Ballet I-Fundamentals	2
DANC M10B	Ballet II - Beginning	2
DANC M11A	Jazz Dance I - Fundamentals	2
DANC M11B	Jazz Dance II - Beginning	2
DANC M12A	Modern Dance I - Fundamentals	2
DANC M12B	Modern Dance II - Beginning	2
DANC M13A	Tap I - Fundamentals	1.5
DANC M13B	Tap II - Beginning	1.5
DANC M16A	Hip Hop 1 - Fundamentals	1.5
DANC M17	Musical Theater Dance	0.5-2
DANC M19A	Conditioning Dance: Pilates I	2
DANC M19B	Conditioning Dance: Pilates II	2
DANC M30A	Theory and Practice of Social Dance Forms: Ballroom Dance I	1.5
DANC M30B	Theory and Practice of Social Dance Forms: Ballroom Dance II	1.5

### Fitness:

KIN M23	Walking for Fitness	1
KIN M24	Running for Fitness and Conditioning	1
KIN M31	Body Conditioning/Fitness	1
KIN M32	Body Conditioning/Free Weights	1
KIN M33	Power Lifting/Free Weights	1
KIN M34	Body Conditioning Boot Camp	1
KIN M40	Cardio Step and Sculpt	1
KIN M42	Aerobic Dance Fitness	1
KIN M43	Cardio Kickboxing	1
KIN M50	Pilates Mat	1
KIN M51	Core Stability and Stretch	1
KIN M52	Core Fitness with Cardio	1
KIN M53	T'ai Chi	1

### Individual Sports:

KIN M71	Golf	1
KIN M72	Tennis	1

### Team Sports:

KIN M82	Basketball	1
KIN M84	Soccer	1
KIN M85	Softball	1
KIN M87	Volleyball	1

Course ID	Title	Units/ Hours
<b>LIST A</b>		
Select 6-10 units from two of the following options:		6-10
Option 1:		
MATH M15 or MATH M15H	Introductory Statistics Honors: Introductory Statistics	4
Option 2:		
BIOL M01	Introduction to Biology	4
BIOL M02A or BIOL M02AH	General Biology I Honors: General Biology I	5
BIOL M16	Human Biology	3
Option 3:		
CHEM M01A or CHEM M01AH	General Chemistry I Honors: General Chemistry I	5
CHEM M11	Foundations of General, Organic, and Biochemistry	5
CHEM M12	Introductory Chemistry I	4
CHEM M13	Introductory Chemistry II	5
Option 4:		
PHYS M10A & M10AL	General Physics I and General Physics I Lab	4 & 1
PHYS M20A & M20AL	Mechanics of Solids and Fluids and Mechanics of Solids and Fluids Laboratory	4 & 1
Option 5:		
HED M05	First Aid, CPR, AED & Emergency Procedures	3
<b>Total Units for the Major: 20 - 25</b>		
<b>CSU GE-Breadth Certification Plan: 39</b>		
Double-Counted Units: 6 - 11		
Electives to meet 60 CSU units: 2 - 12		
<b>IGETC Pattern: 37. NOTE: IGETC 1C is required for all CSU applicants. Students applying to a UC or Private school may earn this ADT without IGETC 1C but will be ineligible to apply to a CSU.</b>		
Double-Counted Units: 4 - 10		
Electives to meet 60 CSU units: 2 - 13		
<b>Total Units Required for the AA-T Degree: 60</b>		

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

- apply the science of kinesiology to understand, appreciate and achieve the maximum benefits provided by physical movement for developing an individual's health and wellness.