

KINESIOLOGY, ASSOCIATE IN ARTS FOR TRANSFER

The Kinesiology degree and classes offer students an opportunity to enrich their education with emphasis on improved individual physical well-being as well as to prepare students for transfer to bachelor's degree programs in Kinesiology, Exercise Science, Physical Education, Physical Therapy, Athletic Training, Coaching and Fitness Management. Students may obtain an Associate in Arts in Kinesiology for Transfer and optimize preparation for advanced degrees in Kinesiology at four-year institutions. Typical employment opportunities in the field are in the areas of teaching, coaching, personal or group training, fitness instruction, fitness specialists, physical therapy assistants, recreation, as well as managerial positions in athletics and recreation centers.

The Associate in Arts in Kinesiology for Transfer (Kinesiology AA-T) is intended for students who plan to complete a bachelor's degree in a similar major at a CSU campus. Students completing the degree are guaranteed admission to the CSU system, but not to a particular campus or major.

A student graduating with an Associate in Arts in Kinesiology for Transfer may transfer to a CSU Campus to complete a Bachelor's Degree in Kinesiology or similar programs.

To earn a Kinesiology AA-T degree, students must complete:

1. Certified completion of 60 semester units or 90 quarter units that are eligible for transfer to the California State University, including both of the following:
 - a. The Intersegmental General Education Transfer Curriculum (IGETC-CSU) or the California State University General Education-Breadth Requirements.
 - b. A minimum of 18 semester units or 27 quarter units in a major or area of emphasis, as determined by the community college district.
2. Obtainment of a minimum grade point average of 2.0 on transfer courses.
3. Obtainment of a "C" grade or better, or "P" in all courses required for the major or area of emphasis. Although a "P" grade is allowed (Title 5, Section 55063), it is recommended that students take the course for a letter grade (A, B, or C) due to unit limitations on "P/NP" courses.
4. Complete a minimum of 12 units in residency at the college granting the degree.

Course ID	Title	Units/ Hours
Required Core		
KIN V81	Fundamentals of Kinesiology	3
ANAT V01	Human Anatomy	4
PHSO V01	Human Physiology	4
Units from Kinesiology Areas (no more than one course from each area)		3
Units from List A		6-9
Additional Units Requirements		
CSU General Education or IGETC-CSU Pattern		37-39
Electives (CSU transferrable units to reach 60)		3-16

Double-Counted Units	7-13
Total Units	60-78

Course ID	Title	Units/ Hours
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Aquatics Area

KIN V02	Swimming I	1
KIN V03	Swimming II	1
KIN V04	Swimming III	1
KIN V06	Swimming IV	1

Course ID	Title	Units/ Hours
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Combatives Area

KIN V50A/CJ V11A	Aikido I	1
KIN V52	Self-Defense and Assault Prevention	1
KIN V76A	Tai Chi I	1

Course ID	Title	Units/ Hours
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Fitness Area

KIN V10	Aerobic and Strength Training	1
KIN V14	Step Aerobics	1
KIN V20	Walking to Restore Fitness	1
KIN V22	Running for Fitness	1
KIN V26	Weight Training and Conditioning: Free Weights	1

Course ID	Title	Units/ Hours
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Individual Sports Area

KIN V42A		1
KIN V44A	Tennis I	1

Course ID	Title	Units/ Hours
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Team Sports Area

KIN V40A	Basketball I	1
KIN V46A	Volleyball I	1
KIN V46B	Volleyball II	1
KIN V48A	Soccer I	1

Course ID	Title	Units/ Hours
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List A

BIOL V12	Human Biology	3
CHEM V01A & V01AL	General Chemistry I and General Chemistry I Laboratory	5
KIN V80	First Aid, Safety, AED, and CPR for the Professional	3
MATH V44 or PSY V04	Elementary Statistics Introductory Statistics for the Social and Behavioral Sciences	4

See a counselor or consult assist.org (<http://assist.org>), **if you plan to transfer to a UC campus or a college or university other than a CSU.**

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

- Explore transfer and career opportunities in the multi-faceted field of Kinesiology.
- Design a lifelong fitness program including the five components of physical fitness.
- Demonstrate personal fitness goal achievement.