

# Associate in Arts in Kinesiology for Transfer Degree:

The Associate in Arts in Kinesiology for Transfer Degree is intended for students who plan to complete a bachelor's degree in Kinesiology or a related major in the California State University (CSU) system. It is accepted by some but not all CSU campuses. Students who complete this degree and transfer to a participating CSU campus will be required to complete no more than 60 units after transfer to earn a bachelor's degree. It may not be appropriate preparation for students transferring to a CSU campus that does not accept the degree.

**Note:** Students who plan to complete this degree should consult a counselor and visit [www.assist.org](http://www.assist.org) for additional information about participating CSU campuses as well as university admission, degree and transfer requirements.

## Award Notes:

Students are required to complete a minimum of 60 CSU transferable units with a minimum overall grade point average of 2.0.

**Major:** A minimum of 18 units with grade of "C" or better.

**General Education:** In addition to the courses required in the major, students must complete one of the following general education options:

- The California State University General Education Breadth pattern
- The Intersegmental General Education Transfer Curriculum pattern

## The following is required for all AA-T or AS-T degrees:

- Completion of 60 CSU-transferable semester units. No more than 60 units are required.
- 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 CSU campuses and majors may require a higher GPA. Please see a counselor for more information.
- Completion of a minimum of 18 semester units in an "AA-T" or "AS-T" major (see list above). All courses in the major must be completed with

a grade of "C" or better or a "P" if the course is taken on a "pass-no pass" basis.

- Certified completion of the California State University General Education-Breadth pattern (CSU GE; see catalog for more information); OR the Intersegmental General Education Transfer Curriculum pattern (IGETC; see catalog for more information).

## Goals

The purpose of this Associate of Arts in Kinesiology for Transfer Degree program is to offer an organized course of study that will prepare students intending to major in Kinesiology at the California State University.

## Emphasis

The Associate in Arts in Kinesiology for Transfer Degree program emphasizes preparation for the major in Kinesiology at the California State University.

## Program Learning Outcomes:

- **Critical Thinking:** Apply core critical thinking skills of analysis, interpretation, evaluation, and explanation in the development of nutritional and fitness plans and the acquisition of skill development including proper techniques, physiological principles and kinesthetic awareness.
- **Communication:** Demonstrate effective and sensitive verbal, non-verbal and written communication skills.
- **Self Awareness:** Value and implement physical fitness activities, wellness strategies and principles in support of a healthy lifestyle.
- **Interpersonal Skills:** Display the attributes of sportsmanship and teamwork as it pertains to physical education and athletic competition.
- **Technological Awareness:** Utilize current technology to research and compile information in health and wellness, human performance and athletic competition.

Students will be assessed through a combination of performance evaluations, written assignments, projects, tests and quizzes.

Courses Required for the Major:		Units
BIOL 230	Human Anatomy	4
BIOL 235	Human Physiology	4
EXSC 241B	Introduction to Kinesiology	3

**Select a maximum of one course from any three of the following areas for a minimum of 3 units**

**Aquatics**

EXSC 113A	Swimming I	1
EXSC 113B	Swimming II	1
EXSC 113C	Swimming III	1
EXSC 113D	Swimming IV	1

**Team Sports**

EXSC 158A	Basketball I	1
EXSC 158B	Basketball II	1
EXSC 158C	Basketball III	1
EXSC 158D	Basketball IV	1
EXSC 174A	Soccer I	1
EXSC 174B	Soccer II	1
EXSC 174C	Soccer III	1
EXSC 174D	Soccer IV	1
EXSC 176A	Softball I	1
EXSC 176B	Softball II	1
EXSC 176C	Softball III	1
EXSC 176D	Softball IV	1
EXSC 182A	Volleyball I	1
EXSC 182B	Volleyball II	1
EXSC 182C	Volleyball III	1
EXSC 182D	Volleyball IV	1

**Individual Sports**

EXSC 154A	Badminton I	1
EXSC 154B	Badminton II	1
EXSC 154C	Badminton III	1
EXSC 154D	Badminton IV	1
EXSC 166A	Golf I	1
EXSC 166B	Golf II	1
EXSC 166C	Golf III	1
EXSC 166D	Golf IV	1
EXSC 168A	Men's Gymnastics I	1
EXSC 168B	Men's Gymnastics II	1
EXSC 168C	Men's Gymnastics III	1
EXSC 168D	Men's Gymnastics IV	1
EXSC 170A	Women's Gymnastics I	1
EXSC 170B	Women's Gymnastics II	1
EXSC 170C	Women's Gymnastics III	1
EXSC 170D	Women's Gymnastics IV	1
EXSC 178A	Tennis I	1
EXSC 178B	Tennis II	1
EXSC 178C	Tennis III	1
EXSC 178D	Tennis IV	1

**Fitness**

EXSC 125A	Aerobic Dance I	1
EXSC 125B	Aerobic Dance II	1
EXSC 125C	Aerobic Dance III	1
EXSC 125D	Aerobic Dance IV	1

EXSC 135A	Individual Conditioning I – Fundamentals	1
EXSC 135B	Individual Conditioning II – Beginning	1
EXSC 135C	Individual Conditioning III – Intermediate	1
EXSC 135D	Individual Conditioning IV – Advanced	1
EXSC 139A	Weight Training I	1
EXSC 139B	Weight Training II	1
EXSC 139C	Weight Training III	1
EXSC 139D	Weight Training IV	1
EXSC 145A	Yoga I – Fundamentals of Yoga	1
EXSC 145B	Yoga II – Beginning Yoga	1
EXSC 145C	Yoga III – Intermediate	1
EXSC 145D	Yoga IV – Advanced Level	1

**Dance**

DANC 145A	Ballroom Dance I	1
DANC 145B	Ballroom Dance II	1

**Category A: Select two of the following courses (minimum 6 units):**

BIOL 200	Biological Statistics	or	
MATH 119	Elementary Statistics	or	
PSYC 258	Behavioral Science Statistics		3
CHEM 200	General Chemistry I – Lecture		3
	<b>and</b>		
CHEM 200L	General Chemistry I – Laboratory		2
HEAL 131	Emergency Response (First Aid/CPR/AED)		3
PHYS 125	General Physics		5

**Total Units = 20–24**

**Recommended Electives:** Exercise Science 242B.

**Note:** Completion of the California State University American Institutions graduation requirement is strongly recommended prior to transfer.

**Electives as needed to meet maximum of 60 units required for the degree.**