

# DEGREES & CERTIFICATES

## KINESIOLOGY ASSOCIATE IN ARTS FOR TRANSFER (AA-T)

### About the Program

The Associate in Arts in Kinesiology for Transfer degree prepares students for transfer to bachelor's degree programs at a CSU in Kinesiology and similar degrees including Exercise Science, Physical Education, Pre-Physical Therapy/Therapeutic Studies, Athletic Training, Coaching and Fitness Management. Advanced degrees in Kinesiology lead to employment opportunities in athletic training, sports management, physical therapy, occupational therapy, teaching physical education, cardiac rehabilitation, coaching, and further study in health/medical fields. Entry-level employment opportunities in the field include: coaching, personal or group training, fitness instruction, fitness specialists, physical therapy assistants, recreation, as well as managerial positions in athletics and recreation centers.

### Program Goals and Objectives

The Associate in Arts in Kinesiology for Transfer degree is designed to prepare students for a seamless transfer into the CSU system to complete a baccalaureate degree in Kinesiology or similar degrees including Exercise Science, Physical Education, Pre-Physical Therapy/Therapeutic Studies, Athletic Training, Coaching and Fitness Management by providing students with the common core of lower division courses required to transfer in the major.

### Career Opportunities

### Program Outcomes

- Upon completion of the AA-T in Kinesiology, students are able to disseminate the knowledge of physical activity derived from experiences, scholarly study, and professional practice.
- Upon completion of the AA-T in Kinesiology, students are able to identify programs of study as well as career pathways within the field of Kinesiology.
- Upon completion of the AA-T in Kinesiology, students are able to perform a variety of motor activities at a proficient level from at least three of the movement-based categories.

### Completion Requirements:

1. 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) or CA 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.

Associate Degrees for Transfer (ADT's) also require that students must earn a "C " (or "P") or better in all courses required for the major or area of emphasis.

### Required Core: (13 Units)

BIO 7A Human Anatomy.....	5
BIO 7B Human Physiology.....	5
KIN 30 Introduction to Kinesiology.....	3

### Movement-Based Courses: Select One Course Maximum from Any Three of the Following Areas (3-5 Units)

KIN DV1 Springboard Diving.....	1
KIN SW1 Swimming 1.....	1
KIN SW2 Swimming 2.....	1
KIN SWF1 Swimming for Fitness 1.....	1
KIN SWF2 Swimming for Fitness 2.....	1
KIN WP1 Water Polo 1.....	1
KIN WP2 Water Polo 2.....	1
KIN ETD1 Eskrima - Tenio DeCuerdas 1.....	1
KIN JDR1 Jujutsu - Danzan Ryu 1.....	1
KIN TK1 Tae Kwon Do 1.....	1
KIN DA1 Dance Aerobics 1.....	1
KIN SD1 Salsa Dance Aerobics 1.....	1
KIN ZUM1 Zumba Fitness Workout 1.....	1
KIN AF1 Aerobic Fitness 1.....	1
KIN BC1 Boot Camp for Flexibility & Core Development.....	1
KIN BX1 Box Aerobics 1.....	1
KIN CRT Cross Training.....	1
KIN CT1 Circuit Training 1.....	1
KIN CYCL1 Cycling 1.....	1
KIN CYCL2 Cycling 2.....	1
KIN FC Fitness Center.....	1
KIN FD Fitness Development.....	1
KIN FJW1 Fitness Jog Walk 1.....	1
KIN FJW2 Fitness Jog Walk 2.....	1
KIN GBW1 Guts and Butts Workout 1.....	1
KIN HIT1 High-Intensity Interval Training (HIIT).....	1
KIN OM1 Optimal Movement 1.....	1
KIN PF Personal Fitness.....	1
KIN PL1 Pilates 1.....	1
KIN WT1 Weight Training 1.....	1
KIN WTW1 Women's Weight Training 1.....	1
KIN YIN1 Yin Yoga 1.....	1
KIN YO1 Yoga 1.....	1
KIN AR1 Archery 1 - Beginning Archery.....	1
KIN BL1 Bowling 1.....	1
KIN BL2 Bowling 2.....	1
KIN FG1 Footgolf 1.....	1

## Degrees & Certificates

KIN FNE1 Fencing - Epee 1.....	1
KIN FNF1 Fencing - Foil 1.....	1
KIN GF1 Golf 1.....	1
KIN GF2 Golf 2.....	1
KIN BD1 Badminton 1.....	1
KIN BD2 Badminton 2.....	1
KIN BK1 Basketball 1.....	1
KIN BK2 Basketball 2.....	1
KIN FL1 Flag Football 1.....	1
KIN FL2 Flag Football 2.....	1
KIN S11 Soccer - Indoor 1.....	1
KIN SO1 Soccer - Outdoor 1.....	1
KIN UF1 Ultimate Frisbee 1.....	1
KIN VB1 Volleyball Beginning.....	1
KIN 32A Fall Intercollegiate Men's Basketball.....	3
KIN 38B Intercollegiate Men's Soccer.....	3
KIN 40B In Season Intercollegiate Women's Volleyball.....	1 - 3
KIN 41B Fall Intercollegiate Basketball - Women.....	1.5
KIN 48B Intercollegiate Athletics: Women's Soccer.....	3
KIN 50B Intercollegiate Swimming & Diving.....	3

### List A: Select Two (6-10 Units)

BIO 20 Contemporary Human Biology.....	3
CHEM 1A General College Chemistry I.....	5
KIN 14 Responding to Emergencies: Comprehensive First Aid/CPR/AED.....	3
MATH 40 Statistics and Probability.....	4
PHYS 1A General Physics I or .....	5
PHYS 2A Introduction to Physics I.....	4

**Total Units for the Major..... 22-28**

**Additional General Education and Elective Units..... 32-38**