Associate in Arts in Kinesiology for Transfer Degree:

This degree is accepted by some but not all CSU campuses.

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. 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. Students who plan to complete this degree should consult a counselor for additional information about participating CSU campuses as well as university admission, degree, and transfer requirements.

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 114A	Aquatic Fitness I	1

Combatives

ADJU 128A	Defensive Tactics I	1
EXSC 147A	Kickboxing I–Fundamental	1
EXSC 148A	Martial Arts I–Fundamental	1

Dance

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

Fitness

EXSC 126A	Cardio Conditioning I	1
EXSC 126B	Cardio Conditioning II	1
EXSC 126C	Cardio Conditioning III	1
EXSC 126D	Cardio Conditioning IV	1
EXSC 135A	Individual Conditioning I – Fundamentals	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

Individual Sports

EXSC 154A	Badminton I	1
EXSC 178A	Tennis I	1

Team Sports

EXSC 158A	Basketball I	1
EXSC 174A	Soccer I	1
EXSC 176A	Softball I	1
EXSC 182A	Volleyball I	1
EXSC 234A	Theories and Strategies of Soccer I	2

Select two of the following courses (minimum 6 units)

MATH 119	Elementary Statistics* **or**	
PSYC 258	Behavioral Science Statistics*	3
CHEM 200	General Chemistry I – Lecture*	3
	and	
CHEM 200L	General Chemistry I – Laboratory*	2
PHYS 125	General Physics* **or**	
PHYS 195	Mechanics*	5

Total Units = 22–24

*Course also fulfills general education requirements for the CSU GE or IGETC pattern.

Recommended Electives: Exercise Science 242B; Health Education 101; Nutrition 150.

Note: It is recommended to select courses that meet lower division major preparation requirements for your transfer university.

General Education: In addition to the courses listed above, students must complete one of the general education options listed on page 81:

- The IGETC pattern (page 101) is accepted by all CSU campuses and most UC campuses and majors. It is also accepted by some private/independent or out of state universities.
- The CSU GE pattern (page 109) is accepted by all CSU campuses and some private/independent or out of state universities. It is not accepted by the UC system.
- The San Diego Community College District General Education pattern (page 85) may be appropriate for students transferring to a private/independent or out of state university or to a high-unit major. Students selecting this option should meet with a counselor to determine the appropriate General Education courses for their individual transfer goals.

It is strongly recommended that students consult with a counselor to determine which general education option is most appropriate for their individual educational goals.

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