

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 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

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|-----------|------------------------|---|
| 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

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

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|-----------|--|---|
| 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 |
| | and | | |
| 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.