

KINESIOLOGY, AA-T

Program Description

The Associate in Arts in Kinesiology for Transfer Degree will provide students with a strong foundation in the interdisciplinary academic study of human movement, physical activity and sport and prepare students to transfer to California State Universities (CSUs). Students who complete the Associate in Arts in Kinesiology for Transfer Degree will be ensured preferential transfer status to CSUs as Kinesiology majors and/or majors in related disciplines. The Associate in Arts in Kinesiology for Transfer Degree requirements will fulfill the lower division major requirements at many CSUs. Students are advised, however, to meet with a counselor to determine the lower division course requirements for the specific CSU to which they plan to transfer. Graduates will have a solid foundation in kinesiology principles, anatomy and physiology, movement skills, selected business and/or science or health options to pursue upper division course work.

Learn more about the program on the [Kinesiology website](#).

Program Learning Outcomes

The Associate in Arts in Kinesiology for Transfer Degree will enable students to:

- Obtain a critical understanding from the sub-disciplines in kinesiology for personal fitness, healthy lifestyles, sport, and/or therapeutic rehabilitation.
- Apply theoretical knowledge to further develop movement competency in kinesiology.
- Effectively communicate the essential theories, scientific applications, and ethical considerations related to kinesiology.
- Identify social and cultural equity issues related to kinesiology for various populations.
- Apply theoretical and scientific knowledge from the sub-disciplines in real life settings.

In addition, the Kinesiology degree instills lifelong learning skills from the knowledge and understanding of the applicability of kinesiology principles in everyday life.

Units Required

- Major: 33-35

Associate Degree Requirements

Associate in Arts in Kinesiology for Transfer requires completion of a minimum of 90 units to include:

- CSU General Education Breadth Requirements **or** the Intersegmental General Education Transfer Curriculum (IGETC)¹ (49-58 units) (full certification is required)
- Core and support courses (33-35 units, of which 8-18 units may satisfy the GE requirement)
- Transferable electives necessary to meet the 90-unit minimum requirement

¹ **Important Note:** Although it is possible to fulfill the requirements for the Associate Degree for Transfer by completing the IGETC for UC pattern, admission to CSU requires completion of an Oral Communication course (IGETC Area 1C; CSU GE Area A-1); therefore, students who plan to transfer to CSU should complete this course as part of their GE or elective units.

Note: All courses pertaining to the major must be completed with a grade of "C" (or "P") or better. In addition, the student must obtain a minimum GPA of 2.0.

Core and Support Courses

Code	Title	Units
Core Courses		
BIOL 40A	HUMAN ANATOMY & PHYSIOLOGY I	5
BIOL 40B	HUMAN ANATOMY & PHYSIOLOGY II	5
BIOL 40C	HUMAN ANATOMY & PHYSIOLOGY III	5
KINS 1	INTRODUCTION TO KINESIOLOGY	5
Support Courses		
A. Complete one course from three of the five areas:		3-4
<i>1. Aquatics</i>		
PHED 10A	AQUATICS: LEVEL I, BEGINNING SWIMMING	
PHED 10B	AQUATICS: LEVEL II, INTERMEDIATE SWIMMING	
PHED 10C	AQUATICS LEVEL III, MASTERS SWIMMING/ ADVANCED SWIM TRAINING	
PHED 11A	WATER EXERCISE	
PHED 11B	AQUATIC FITNESS	
PHED 13	BEGINNING WATER POLO	
PHED 13A	INTERMEDIATE WATER POLO	
PHED 13C	WATER POLO: GAME SKILLS	
<i>2. Dance</i>		
DANC 1A	BEGINNING BALLET	
DANC 1B	INTERMEDIATE BALLET	
DANC 1C	ADVANCED BALLET	
DANC 2A	BEGINNING MODERN DANCE	
DANC 2B	INTERMEDIATE MODERN DANCE	
DANC 3A	BEGINNING JAZZ DANCE	
DANC 3B	INTERMEDIATE JAZZ DANCE	
DANC 4A	BEGINNING BALLROOM & SOCIAL DANCE	
DANC 4B	INTERMEDIATE BALLROOM & SOCIAL DANCE	
DANC 4C	ADVANCED BALLROOM & SOCIAL DANCE	
DANC 6	BEGINNING COUNTRY-WESTERN LINE DANCING	
DANC 13A	INTRODUCTION TO CONTEMPORARY DANCE	
DANC 13B	INTERMEDIATE CONTEMPORARY DANCE	
DANC 14	DANCE CONDITIONING	
DANC 18A	INTRODUCTION TO HIP-HOP DANCE	
DANC 18B	INTERMEDIATE HIP-HOP DANCE	
<i>3. Fitness</i>		
PHED 19B	KICKBOXING FOR FITNESS	
PHED 19C	INTERMEDIATE KICKBOXING FOR FITNESS	
PHED 19D	ADVANCED KICKBOXING FOR FITNESS	
PHED 20A	BEGINNING MAT PILATES	
PHED 20B	INTERMEDIATE MAT PILATES	
PHED 21	FOUNDATIONS OF YOGA	

PHED 21A	BEGINNING HATHA YOGA
PHED 21B	INTERMEDIATE HATHA YOGA
PHED 21C	ADVANCED HATHA YOGA
PHED 21D	VINYASA FLOW YOGA
PHED 21E	RESTORATIVE YOGA
PHED 22	BEGINNING FLEXIBILITY & MOBILITY
PHED 22A	INTERMEDIATE FLEXIBILITY & MOBILITY
PHED 22B	PILATES & YOGA
PHED 22C	CORE CONDITIONING
PHED 22E	CROSS TRAINING FOR ENDURANCE
PHED 23A	TRAIL HIKING
PHED 23B	DAY HIKING
PHED 27	WALK FOR HEALTH
PHED 27A	RUN FOR FITNESS
PHED 27B	INTERMEDIATE RUN FOR FITNESS
PHED 27C	INTERMEDIATE WALK FOR HEALTH
PHED 41	INDOOR CYCLING: SPIN
PHED 41A	INDOOR CYCLING: HILLS & SPRINTS
PHED 41B	INTERMEDIATE INDOOR CYCLING
PHED 45	FITNESS FOR LIFE
PHED 45A	FOUNDATIONS OF STRENGTH & CONDITIONING
PHED 45C	CIRCUIT TRAINING
PHED 46	WEIGHT LIFTING FOR HEALTH & FITNESS
PHED 46A	INTERMEDIATE WEIGHT TRAINING FOR HEALTH & FITNESS
PHED 46B	ADVANCED WEIGHT LIFTING FOR HEALTH & FITNESS
PHED 47B	THIGHS, ABS & GLUTEUS (TAG)
PHED 47C	HIGH-INTENSITY INTERVAL TRAINING (HIIT)
PHED 49A	SURVIVOR TRAINING
PHED 49B	BOOT CAMP TRAINING
4. Individual Sports	
PHED 15A	BEGINNING PICKLEBALL
PHED 15B	INTERMEDIATE PICKLEBALL
PHED 17A	BEGINNING KARATE
PHED 17B	INTERMEDIATE KARATE
PHED 18	BEGINNING TAI CHI (TAIJI)
PHED 18B	INTERMEDIATE TAI CHI (TAIJI)
PHED 18C	ADVANCED TAI CHI (TAIJI)
PHED 24	INTRODUCTION TO GOLF
PHED 24A	SWING DEVELOPMENT FOR THE EXPERIENCED GOLFER
PHED 24C	INTERMEDIATE GOLF COURSE PLAY
PHED 24D	ADVANCED GOLF COURSE PLAY
PHED 25A	SWING ANALYSIS
PHED 25B	BEGINNING GOLF COURSE PLAY
PHED 26	BEGINNING TENNIS SKILLS
PHED 26A	INTERMEDIATE TENNIS
PHED 26C	BEGINNING DOUBLES TENNIS
PHED 36A	BEGINNING ARCHERY
PHED 36B	INTERMEDIATE ARCHERY
PHED 36C	ADVANCED ARCHERY
PHED 37	BEGINNING BADMINTON: SINGLES & DOUBLES

PHED 37A	INTERMEDIATE BADMINTON: SINGLES & DOUBLES
PHED 37B	ADVANCED BADMINTON: SINGLES & DOUBLES
PHED 42	BOWLING FOR FITNESS
5. Team Sports	
PHED 31A	FUTSAL: INDOOR SOCCER BEGINNING
PHED 31B	FUTSAL: INDOOR SOCCER INTERMEDIATE
PHED 31C	FUTSAL: INDOOR SOCCER ADVANCED
PHED 33	BEGINNING TABLE TENNIS
PHED 33A	INTERMEDIATE TABLE TENNIS
PHED 38A	BASKETBALL FUNDAMENTALS
PHED 38B	BASKETBALL GAME SKILLS
PHED 38C	BEGINNING BASKETBALL
PHED 40	BEGINNING VOLLEYBALL
PHED 40A	INTERMEDIATE VOLLEYBALL
PHED 43A	ULTIMATE I
B. And complete two courses from the following:	
BIOL 14	HUMAN BIOLOGY
CHEM 25	FUNDAMENTALS OF CHEMISTRY
	or CHEM 30/SURVEY OF INORGANIC & ORGANIC CHEMISTRY
EMS 50	EMERGENCY MEDICAL RESPONSE
MATH 10	ELEMENTARY STATISTICS
	or MATH 17 INTEGRATED STATISTICS II
	or PSYC 7 STATISTICS FOR THE BEHAVIORAL SCIENCES
	or SOC 7 STATISTICS FOR THE BEHAVIORAL SCIENCES
PHYS 4A	GENERAL PHYSICS (CALCULUS)
	or PHYS 2A GENERAL PHYSICS
	& PHYS 2B and GENERAL PHYSICS

Total Units**33-35**