

ASSOCIATE DEGREE FOR TRANSFER IN KINESIOLOGY (CSUGE) AA890 (IGETC) AA891

The Associate Degree for Transfer in Kinesiology is a 60-unit degree program (that provides lower division preparation) for student planning to transfer to a CSU for a bachelor's degree in Kinesiology. The Associate Degree for Transfer in Kinesiology provides a general preparation for Kinesiology majors to be able to enter any four-year university. Students must consult with the specific requirements of a non-CSU campus to which they are applying. Students completing the Associate Degree for Transfer in Kinesiology will be prepared to transfer to a CSU and pursue a Bachelor of Arts or a Bachelor of Science in Kinesiology. In this major, students will enhance physical skills and development in the areas of Aquatics, Team Sports, Individual Sports, Fitness and Dance. Students will also be exposed to the history and philosophy of Kinesiology.

Program Learning Outcomes

Upon successful completion of this program, students should be able to:

- Identify and utilize principles of the major body systems of Anatomy and Physiology as they relate to movement and physical activity.
- Analyze and apply physical skills and movements related to physical activity.
- Develop goals and devise strategies for personal development, physical well-being and lifelong learning.

Required Courses (20 units)		Units
KIN-10*	Introduction to Kinesiology	3
BIO 50A*	Anatomy and Physiology I	4
BIO 50B*	Anatomy and Physiology II	4
Electives	Choose from the movements list below	3
Electives A	Choose from list A below	6

Electives - Movement - Select one course maximum from any three of the following areas

Aquatics		Units
KIN-A28*	Swimming, Beginning	1
KIN-A29*	Swimming, Intermediate	1
KIN-A31A*	Beginning Water Aerobics and Deep Water Exercise	1
KIN-A31B*	Beginning Water Aerobics and Deep Water Exercise	1
Combatives		
KIN-A40	Karate, Beginning	1
KIN-A41	Karate, Intermediate	1
KIN-A43	T'ai-chi Ch'uan, Beginning	1
KIN-A44	T'ai-chi Ch'uan, Intermediate	1
Dance		
DAN-D21*	Ballet, Beginning	1
DAN-D22*	Ballet, Intermediate	1
DAN-D32*	Jazz, Beginning	1
DAN-D33*	Jazz, Intermediate	1
DAN-D43*	Tap, Beginning	1
DAN-D44*	Tap, Intermediate	1

Fitness		Units
KIN-A75A*	Walking for Fitness, Beginning	1
KIN-A75B*	Walking for fitness, Intermediate	1
KIN-A77A*	Jogging for Fitness, Beginning	1
KIN-A77B*	Jogging for Fitness, Intermediate	1
KIN-A81A*	Cardio and Strength Training, Beginning	1
KIN-A81B*	Cardio and Strength Training, Intermediate	1
KIN-A90A*	Weight Training, Beginning	1
KIN-A90B*	Weight Training, Intermediate	1

Individual Sports		Units
KIN-A11*	Tennis, Beginning	1
KIN-A12*	Tennis, Intermediate	1
KIN-A20*	Golf, Beginning	1
KIN-A21*	Golf, Intermediate	1

Team Sports		Units
KIN-A55*	Slow Pitch Softball	1
KIN-A57A*	Basketball, Beginning	1
KIN-A57B*	Basketball, Intermediate	1
KIN-A62*	Flag Football	1
KIN-A64*	Soccer	1
KIN-A67*	Volleyball, Beginning	1
KIN-A68*	Volleyball, Intermediate	1
KIN-A71*	Sand Volleyball, Intermediate	1

Electives - List A (6 units)		Units
MAT-12/12H*	Statistics/Honors	4
OR		
PSY/SOC 48*	Statistics for Behavioral Sciences	3
BIO-1/1H*	General Biology/Honors	4
OR		
CHE-1A*	General Chemistry	5
PHY-2A*	General Physics	4
OR		
PHY-4A*	Mechanics	4
KIN-30*	First Aid and CPR	3

*Courses may also be used to fulfill general education requirements for the CSU GE or IGETC pattern, please confer with a counselor.

Associate Degree for Transfer

The Associate in Arts in Kinesiology for Transfer degree will be awarded upon completion of 60 California State University (CSU) transferable units including the above major requirements and the Intersegmental General Education Transfer Curriculum (IGETC) or California State University General Education (CSUGE) requirements and with a minimum grade point average of 2.0. All courses in the major must be completed with a grade of "C" or better (or a "P" if taken as Pass/No Pass).