

PROGRAM OF STUDY

Associate in Arts in Kinesiology for Transfer AA-T

The Associate in Arts in Kinesiology for transfer (AA-T) program is designed to prepare students for CSU transfer to complete a bachelor's degree in Kinesiology, Exercise Science, Physical Education, pre-Physical Therapy, Athletic Training and other related allied health professions. Interested students may also pursue careers as personal trainers. Students completing this degree, AA-T in Kinesiology are guaranteed admission to the CSU system, but not necessarily to a particular campus or major of choice. Students should consult with a counselor for more information on university admission and transfer requirements as this AA-T in Kinesiology degree may not be the best option for students intending to transfer to a particular CSU campus or to a college or university that is not part of the CSU system.

To earn an AA-T in Kinesiology degree, students must:

1. Complete 60 semester or 90 quarter CSU transferable units.
2. Maintain a 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 majors may require a higher GPA.
3. Complete 20-25 specified major units. 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 (title 5 § 55063). Even though a "pass-no-pass" is allowed, it is highly recommended that students complete their major courses with a grade.
4. Obtain certification of the California State University General Education-Breadth (CSU GE-Breadth) pattern or the Intersegmental General Education Transfer Curriculum (IGETC for CSU) pattern.

REQUIRED CORE: Complete the following 3 courses (11 units)

		Units
KIN M01	Introduction to Kinesiology	3
ANAT M01	Human Anatomy	4
PHSO M01	Human Physiology	4
	or	
PHSO M01H	Honors: Human Physiology	4

MOVEMENT-BASED COURSES (3 unit minimum) - Select and complete one course maximum from any three following areas (3-4 units):

		Units
DANCE		Units
DANC M10A	Ballet I - Fundamentals	2
DANC M10B	Ballet II - Beginning	2
DANC M11A	Jazz Dance I - Fundamentals	2
DANC M11B	Jazz Dance II - Beginning	2
DANC M12A	Modern Dance I - Fundamentals	2
DANC M12B	Modern Dance II - Beginning	2
DANC M13A	Tap I-Fundamentals	1.5
DANC M13B	Tap II-Beginning	1.5
DANC M16A	Hip Hop 1 - Fundamentals	1.5
DANC M17	Musical Theater Dance	1 - 2
DANC M30A	Theory and Practice of Social Dance Forms:Ballroom Dance I	1.5
DANC M30B	Theory and Practice of Social Dance Forms:Ballroom Dance II	1.5
FITNESS		Units
KIN M23	Walking For Fitness	1
KIN M24	Running for Fitness and Conditioning	1
KIN M31	Body Conditioning/Fitness	1
KIN M32	Body Conditioning/Free Weights	1
KIN M33	Power Lifting/Free Weights	1

KIN M34	Body Conditioning Boot Camp	1
KIN M40	Cardio Step and Sculpt	1
KIN M42	Aerobic Dance Fitness	1
KIN M43	Cardio Kickboxing	1
KIN M50	Pilates Mat	1
KIN M51	Core Stability and Stretch	1
KIN M52	Core Fitness with Cardio	1
KIN M53	T'ai Chi Ch'uan	1

INDIVIDUAL SPORTS	Units
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KIN M71	Golf	1
KIN M72	Tennis	1

TEAM SPORTS	Units
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KIN M82	Basketball	1
KIN M84	Soccer	1
KIN M85	Softball	1
KIN M87	Volleyball	1

LIST A: Select and complete 6-10 units from 2 different options below:	Units
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Option 1

MATH M15/H	Introductory Statistics/Honors	4
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Option 2

BIOL M01	Introduction to Biology	4
BIOL M02A/H	General Biology I/Honors	5
BIOL M16	Human Biology	3

Option 3

CHEM M01A/H	General Chemistry I/Honors	5
CHEM M11	Foundations of General, Organic, and Biochemistry	5
CHEM M12	Introductory Chemistry I	4
CHEM M13	Introductory Chemistry II	5

Option 4

PHYS M10A	General Physics I and	4
PHYS M10AL	General Physics I Lab	1
	or	
PHYS M20A	Mechanics of Solids and Fluids and	4
PHYS M20AL	Mechanics of Solids and Fluids Lab	1

Option 5

HED M05	First Aid, CPR and Emergency Procedures	3
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Total Units for the Major: 20 - 25

General Education Requirements

CSU GE-Breadth Certification Plan: 39

IGETC: 34* - 37

***IGETC Area 1C (Oral Communication)** is required for all CSU applicants. Students applying to a UC or Private School may earn this ADT without IGETC 1C but will be ineligible to apply to a CSU.

TOTAL DEGREE UNITS: 60

State Approved: 12.2017