

# KINESIOLOGY, ASSOCIATE IN ARTS FOR TRANSFER (AA-T)

## Program Goals and Objectives

**Must address a valid transfer, workforce preparation, basic skills, civic education, or lifelong learning purpose.**

The Associate in Arts in Kinesiology for Transfer (AA-T in Kinesiology) aligns with the Transfer Model Curriculum (TMC) Template in Kinesiology. The transfer degree assists students in seamlessly transferring to a California State University (CSU) campus. Students completing this degree are guaranteed admission to the CSU system and given priority admission consideration to their local CSU campus or to a program that is designated as “similar” to the major.

**The proposal must demonstrate a need for a program that meets the stated goals and objectives in the region the college proposes to serve with the program.**

Comply with SB 1440 by providing a pathway for students transferring to a CSU in a major deemed similar.

## Program Student Learning Outcomes

### Program Student Learning Outcomes

**Upon completion of this program a student will be able to:**

apply the science of kinesiology to understand, appreciate and achieve the maximum benefits provided by physical movement for developing an individual's health and wellness.

## Catalog Description

**Includes program requirements, prerequisite skills or enrollment limitations, student learning outcomes, and information relevant to program goal.**

Students who complete coursework toward an Associate in Arts in Kinesiology for Transfer Degree (AA-T in Kinesiology) will utilize the science of Kinesiology to better understand and explain problems and issues with human movement, fitness, and health. Students will also apply the science of Kinesiology to complete the program outcomes which include the ability to understand, appreciate and achieve the maximum benefits provided by physical movement for the development of an individual's health and wellness.

The Associate in Arts in Kinesiology for Transfer (AA-T in Kinesiology) degree is designed to prepare students for CSU transfer to complete a bachelor's degree in Kinesiology or a “similar” major at a CSU campus. For a current list of what majors (and what options or areas of emphasis within that major) have been designated as “similar” to this degree at each CSU campus, please refer to CSU's Associate Degree for Transfer Major and Campus Search (<https://www.calstate.edu/apply/transfer/Pages/associate-degree-for-transfer-major-and-campus-search.aspx>) and seek guidance from a Moorpark College counselor. Students completing this degree are guaranteed admission to the CSU system, although not necessarily to a particular CSU campus or major.

**Includes course requirements and sequencing that reflect program goals.**

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

1. Complete a minimum of 60 semester or 90 quarter units that are eligible for transfer to the California State University, including both of the following:
  - a. The California General Education Transfer Curriculum (Cal-GETC) requirements.
  - b. The required coursework for the AA-T in Kinesiology as listed in the Moorpark College catalog.
2. Complete all courses in the major and the Cal-GETC with a grade of “C” or better or “Pass/Credit” if the course is taken on a “pass-no-pass” basis. Even though a “Pass/Credit” grade is allowed, it is highly recommended that students complete their major courses with a letter grade (A, B, or C). **Note:** the UC system allows a maximum of 14 semester (21 quarter) units of courses graded “Pass/Credit” toward the 60 transferable semester units required for transfer admission.
3. Obtain a minimum grade point average (GPA) of 2.0 in all CSU-transferable coursework. While a minimum GPA of 2.0 is required for admission, some transfer institutions and majors may require a higher GPA. Please consult with a counselor for more information.
4. Complete a minimum of 12 semester units within the Ventura County Community College District.

Students transferring to a CSU campus that accepts the AA-T in Kinesiology will be required to complete no more than 60 units after transfer to earn a bachelor's degree (unless the major is a designated “high-unit” major at a particular campus). This degree may not be the best option for students intending to transfer to a particular CSU campus or to a university or college that is not part of the CSU system. Students should consult with a counselor to obtain more information on university admission and transfer requirements.

Course ID	Title	Units/Hours
<b>REQUIRED CORE</b>		
KIN M01	Introduction to Kinesiology	3
ANAT M01	Human Anatomy	4
PHSO M01 or PHSO M01H	Human Physiology Honors: Human Physiology	4

Units from Movement-Based Courses: minimum 3 units	3-5
Units from LIST A	6-10
<b>Total Units for Major</b>	<b>20 - 26</b>

Course ID	Title	Units/Hours
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**Movement-Based Courses: minimum of 3-semester units**

Select one course from any three of the following Areas:

**Dance**

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 I - Fundamentals	1.5
DANC M17	Musical Theater Dance	0.5-2
DANC M30A	Ballroom Dance I - Fundamentals	1.5
DANC M30B	Ballroom Dance II - Beginning	1.5

**Fitness**

DANC M19A	Conditioning Dance: Pilates I	2
DANC M19B	Conditioning Dance: Pilates II	2
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	1
KIN M54	Yoga	1
KIN M92	Hiking and Backpacking	1

**Individual Sports**

KIN M71	Golf	1
KIN M72	Tennis	1

**Team Sports**

KIN M82	Basketball	1
KIN M84	Soccer	1
KIN M85	Softball	1
KIN M87	Volleyball	1

Course ID	Title	Units/Hours
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**LIST A: Select and complete at least two courses from the following**

STAT C1000	Introduction to Statistics	4
or STAT C1000H	Introduction to Statistics - Honors	
or PSY M125	Statistics for the Behavioral and Social Sciences	
or SOC M125	Statistics for the Behavioral and Social Sciences	
CHEM M01A	General Chemistry I	4-5
or CHEM M01AH	Honors: General Chemistry I	
or CHEM M11	Foundations of General, Organic, and Biochemistry	
or CHEM M12	Introductory Chemistry I	
or CHEM M13	Introductory Chemistry II	

PHYS M10A & M10AL	General Physics I and General Physics I Lab	4, 1
OR		
PHYS M20A & M20AL	Mechanics of Solids and Fluids and Mechanics of Solids and Fluids Laboratory	
HED M05	First Aid, CPR, AED & Emergency Procedures	3
PSYC C1000 or PSYC C1000H	Introduction to Psychology Introduction to Psychology - Honors	3
SOCI C1000 or SOCI C1000H	Introduction to Sociology Introduction to Sociology - Honors	3
HED M22	Personal Health and Wellness	3
<b>Total Units for the Major</b>		<b>20-26</b>
<b>Course ID</b>	<b>Title</b>	<b>Units/Hours</b>
<b>Total Units for Major</b>		<b>20-26</b>
<b>General Education Pattern (Cal-GETC)</b>		<b>34</b>
Double-Counted Units		4-10
Elective Units		4-16
<b>Total Units for the AA-T Degree</b>		<b>60</b>

## Plan of Study

Includes a list of courses organized by the suggested semester a student should enroll. Make sure to align the plan of study with when courses are typically offered.

N/A