

---

# Kinesiology

## Kinesiology AA-T Degree

The Kinesiology Associate of Arts for Transfer provides students with seamless transfer into the California State University (CSU) system to pursue a baccalaureate degree in Kinesiology, Exercise Science, or Physical Education. This degree prepares students to understand kinesiology, human bodily movement, exercise, and the relationships between physical activity and health. Courses prepare students to pursue studies in exercise science, kinesiology/ physical education credential programs, athletic training/sports medicine, coaching/sports instruction, sports administration, and other health-related areas.

### Program student learning outcomes:

1. The students will demonstrate knowledge of major muscle groups and joint movements as they pertain to common human performance.
2. The students will demonstrate the proper technique for performing exercises to improve general fitness and wellness.
3. The students will explain the connection between proper nutrition and improved athletic performance.
4. The students will explain how healthy mental functioning impacts athletic performance.
5. The students will select and implement field tests necessary for fitness assessments.

### Students must meet the following requirements to qualify for an Associates for Transfer Degree (ADT):

- Complete 60 semester units or 90 quarter units that are eligible for transfer to the California State University (CSU).
- A minimum of 18 semester units or 27 quarter units in a major or area of emphasis, as determined by the community college district.
- Obtain a minimum grade point average of 2.0.
- Minimum grade of "C" for each course in the major.
- Completion of CalGETC Requirements with a minimum grade of "C".

### Recommended Course Sequence: **Kinesiology AA-T Degree**

---

<i>Course #</i>	<i>Title</i>	<i>Units</i>
<b>Required Core Courses (11 Units)</b>		
BIO 032 . . . .	Human Anatomy . . . . .	4
BIO 035 . . . .	Human Physiology . . . . .	4
KINES 001 . .	Introduction to Kinesiology . . . . .	3
<b>Plus 1 unit from the Fitness courses below:</b>		
PE 006 . . . . .	Body Conditioning . . . . .	1
PE 016 . . . . .	Jogging and Power Walking . . . . .	1
PE 021A . . . .	Introductory Fitness Lab . . . . .	1
PE 021B . . . .	Beginning Fitness Lab . . . . .	1
PE 021C . . . .	Intermediate Fitness Lab . . . . .	1
PE 023 . . . . .	Weight Training . . . . .	1
PE 024 . . . . .	Circuit Training . . . . .	0.5 - 1
<b>Plus 1 unit from the Individual Sports courses below:</b>		
PE 003 . . . . .	Badminton . . . . .	1
PE 011 . . . . .	Golf . . . . .	1
PE 020 . . . . .	Tennis . . . . .	1
<b>Plus 1 unit from the Team Sports courses below:</b>		
PE 022A . . . .	Beginning Volleyball . . . . .	1
PE 022B . . . .	Intermediate Volleyball . . . . .	1
PE 025A . . . .	Introductory Soccer . . . . .	1
PE 032A . . . .	Beginning Basketball . . . . .	1
<b>Plus 2 courses (6 Units Minimum) from courses below:</b>		
CHEM 001A . .	General Chemistry I . . . . .	5
HE 035 . . . . .	Personal Health and Hygiene . . . . .	3
KINES 048 . .	First Aid and Safety . . . . .	3
STAT C1000 . .	Introduction to Statistics . . . . .	4
PHYSICS 002A . . . . .	Mechanics and Thermodynamics . . . . .	4
OR PHYSICS 004A . . . . .	Classical Mechanics . . . . .	4
PSYC C1000 . .	Introduction to Psychology . . . . .	3
OR SOC 001 . . . . .	Introduction to Sociology . . . . .	3
Total Major Units. . . . .		20-23
Units that may be double-counted as GE. . . . .		13
General Education (Cal-GETC) Units. . . . .		34
Elective Units. . . . .		16-19
<b>Total Degree Units . . . . .</b>		<b>60</b>