
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".
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<i>Course #</i>	<i>Title</i>	<i>Units</i>
Required Core Courses (11 Units)		
BIO 032	Human Anatomy	4
BIO 035	Human Physiology	4
KINES 001 ..	Introduction to Kinesiology	3
Plus 1 unit from the Fitness courses below:		
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
Plus 1 unit from the Individual Sports courses below:		
PE 003	Badminton	1
PE 011	Golf	1
PE 020	Tennis	1
Plus 1 unit from the Team Sports courses below:		
PE 022A	Beginning Volleyball	1
PE 022B	Intermediate Volleyball	1
PE 025A	Introductory Soccer	1
PE 032A	Beginning Basketball	1
Plus 2 courses (6 Units Minimum) from courses below:		
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	Mechanics and Thermodynamics	4
002A		
OR PHYSICS	Classical Mechanics	4
004A		
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
	Total Degree Units	60