



## PROGRAM OF STUDY

### Kinesiology Associate in Arts for Transfer

Students who complete the Associate in Arts in Kinesiology for Transfer degree will be eligible and prepared for admission (SB 1440 and Education Code 66746) to California State University system schools.

#### Program Outcomes:

##### **OUTCOME 1:**

Identify and describe major concepts, theoretical principles, empirical findings, and historical and current trends in kinesiology.

##### **OUTCOME 2:**

Know, comprehend and apply scientific principles to movement, exercise and sport, including the demonstration of knowledge and skill in fitness activities, aquatics, combatives, individual sports and/or team sports.

##### **OUTCOME 3:**

Analyze and evaluate how anatomical and physiological systems impact human movement.

##### **OUTCOME 4:**

Students who complete the Associate in Science in Kinesiology for Transfer degree will be eligible and prepared for admission (SB 1440 and Education Code 66746) to California State University system schools.

### Courses Needed for Kinesiology (Transfer)

<b>Required Core (13 units):</b>		<b>Units</b>
BIOL A220 Human Anatomy		5.0
BIOL A225 Human Physiology		5.0
KIN A202 Introduction to Kinesiology		3.0
	<b>Subtotal</b>	<b>13.0</b>

<b>Movement-Based Course List – select one course from three separate areas for the additional required three (3) units:</b>	<b>Units</b>
<b>* Course may not be used to fulfill more than one area requirement</b>	

<b>Aquatics:</b>	<b>Units</b>
KIN A130 Aqua Fitness	.5 – 1.5
KIN A131 Swimming for Fitness - Level 1	1.0 – 2.0

<b>Aquatics:</b>	<b>Units</b>
KIN A132 Swimming - Level 1	1.0 – 2.0
KIN A140 Outrigger Canoeing	.5 – 1.5
KIN A141* Surfing and Ocean Safety Level 1	2.0

<b>Combatives:</b>	<b>Units</b>
KIN A126 Aikido	.5 – 1.5
KIN A127 Karate	.5 – 1.5
KIN A129* T'ai Chi Chih	.5 – 2.0

<b>Fitness:</b>	<b>Units</b>
KIN A105 Cardiovascular Fitness	.5 – 2.5
KIN A106 Weight Training	.5 – 1.5
KIN A107 Fitness Programs I	.5 – 3.0
KIN A108 Strength and Conditioning	.5 – 3.0
KIN A110 Walking for Fitness Level 1	1.0 – 2.0
KIN A111 Step Cardio & Core Level 1	1.0 – 2.0
KIN A116 Triathlon Techniques	2.5

<b>Individual Sports:</b>	<b>Units</b>
KIN A128 Hatha Yoga Level I	.5 – 1.5
KIN A129* T'ai Chi Chih	.5 – 2.0
KIN A141* Surfing and Ocean Safety Level 1	2.0
KIN A146 Tennis Level 1	1.0 – 1.5
KIN A155 Bowling	.5 – 1.5
KIN A153 Golf Level 1	1.0 – 2.0
KIN A156 Rock Climbing	.5 – 2.0
KIN A228 Hatha Yoga Level II	0.5 – 1.5

<b>Team Sports:</b>	<b>Units</b>
KIN A145 Badminton Level 1	1.0 – 2.0
KIN A150 Basketball	.5 – 1.5
KIN A152 Soccer Level 1	1.0 – 2.0
KIN A154 Volleyball Level 1	1.0 – 1.5

<b>Movement-Based Courses Subtotal</b>	<b>3.0 Units</b>
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<b>List A – select two courses from the following:</b>	<b>Units</b>
BIOL A125 Human Biology	3.0
CHEM A110 Introduction to Chemistry	5.0
CHEM A180 General Chemistry A	5.0
MATH A160 Introduction to Statistics <b>or</b> MATH A160H Introduction to Statistics Honors <b>or</b> PSYC A160 Statistics for the Behavioral Sciences	4.0
PHYS A120 Algebra Based Physics: Mechanics <b>or</b> PHYS 185 Calculus Based Physics: Mechanics	4.0
<b>Subtotal</b>	<b>6.0 – 10.0</b>

<b>Program Major Units: 22-26</b>	<b>Units</b>
<b>CSU or IGETC General Education Breadth: 34-37</b>	
<b>Subtotal</b>	<b>34.0 – 37.0</b>

General Education Breadth Units have been adjusted to account for courses double counted in major program section.	<b>Units</b>
<b>Transfer elective units as needed to satisfy 60-unit degree requirement</b>	
<b>Subtotal</b>	<b>Varies</b>

**Total Units 60.0**