

# KINESIOLOGY

## Transfer Degree

The Associate in Arts for Transfer (AA-T) in Kinesiology is the scientific study of the anatomical, physiological, mechanical, and psychological mechanisms of human movement. Applications of kinesiology to human health include biomechanics, motor learning, exercise physiology; strength and conditioning; sport psychology; methods of rehabilitation and sport and exercise. Individuals who have earned degrees in kinesiology can work in research, the fitness industry, clinical settings, and in industrial environments. The Kinesiology degree offers students major preparation for transfer to a four-year institution. Students completing the AA-T degree in Kinesiology will be able to transfer to the California State University system. More information can be found on page 49. Students are strongly encouraged to see a counselor if considering this transfer option.

### *Student Learning Outcomes for these majors are:*

- Describe foundational anatomical, biomechanical, and physiological basis for human movement.
- Describe the behavioral, historical, psycho-social and philosophical aspects of human movement.
- Apply the principles and practices that promote lifelong physical fitness and wellness.
- Identify career opportunities within the fields of physical education, kinesiology, fitness, sport, and wellness.

To obtain the Associate in Arts for Transfer degree in Kinesiology, students must complete the following requirements with a cumulative minimum grade point average of 2.0;

- The Kinesiology AA-T major requirements below. These requirements must be completed with a grade of "C" or better.
- The California State University General Education – Breadth (CSU-GE) or the Intersegmental General Education Transfer Curriculum (IGETC) requirements.
- Any needed transferable electives to reach a total of 90 CSU transferable quarter units.

### A. GENERAL EDUCATION REQUIREMENTS

(See pages 58-59 for details).

### B. REQUIRED COURSES

32.5 - 33 units distributed as follows

#### 1. All courses from the following (19 units):

BIO 203	Human Anatomy and Physiology I
BIO 204	Human Anatomy and Physiology II
BIO 205	Human Anatomy and Physiology III
PET 104	Introduction to Kinesiology

#### 2. Select a maximum of one course from Fitness, one course from Individual Sports, and one course from Team Sports (minimum 4.5 units):

##### Fitness

PEF 121B	Cardiovascular Conditioning 2
PEF 121C	Cardiovascular Conditioning 3

##### Individual Sports

PEF 118A	Badminton 1
PEF 118B	Badminton 2
PEF 118C	Badminton 3

##### Team Sports

PEF 123A	Basketball 1
PEF 123B	Basketball 2
PEF 123C	Basketball 3
PEF 124A	Volleyball 1
PEF 124B	Volleyball 2
PEF 124C	Volleyball 3
PEF 135F	Soccer 1
PEF 135G	Soccer 2
PEF 135H	Soccer 3

#### 3. Select both of the following (9 units)

MAT 201	Elementary Statistics
PET 106	First Aid and CPR

### C. ELECTIVE UNITS to bring the total to 90.