The Associate in Arts in Kinesiology is designed to provide students preparing to transfer with the foundation to complete a Bachelor’s Degree in Kinesiology. Students will be able to pursue careers in teaching, coaching, physical therapy, athletic training, and adaptive physical education.

The Associate in Arts in Kinesiology for Transfer (AA-T) Degree is intended to meet the lower division requirements for Kinesiology majors (or similar majors) at a CSU campus that offers a Kinesiology baccalaureate degree.

In addition to the courses listed below, the following additional requirements must be met for completion of the Associate in Arts in Kinesiology for Transfer Degree:

1. Completion of a minimum of 60 CSU-transferable semester units.
2. Achievement of a minimum GPA of at least 2.0 in all CSU-transferable coursework (some majors may require a higher GPA; students should consult with a counselor for more information).
3. Completion of the 21-23 semester units in the major with a grade of “C” or better.
4. Certified completion of the California State University General Education-Breadth (CSU GE) pattern; OR the Intersegmental General Education Transfer Curriculum (IGETC) pattern.

### Required Courses

<table>
<thead>
<tr>
<th>Course</th>
<th>Units</th>
<th>N</th>
<th>IP</th>
<th>C</th>
</tr>
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<tbody>
<tr>
<td>BIOL 125</td>
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<td></td>
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<tr>
<td>BIOL 226</td>
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<tr>
<td>KIN 194</td>
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</table>

**Movement Based Courses- Select a maximum of one (1) course from any three (3) of the following areas for a minimum of three (3) units:**

- **AQUATICS:**
  - KINA 117 Swimming I
  - KINA 217 Swimming II

- **COMBATIVE:**
  - KINA 124 Self-Defense

- **DANCE:**
  - DAN 150 Introduction to World Dance
  - DAN 151 Modern Dance I
  - DAN 153 Ballet I
  - DAN 154 Jazz Dance I
  - DAN 157 Hip Hop Dance
  - DAN 168 Latin Social Dance
  - DAN 251 Modern Dance II
  - DAN 253 Ballet II
  - DAN 254 Jazz Dance II

- **FITNESS:**
  - DAN 114 Conditioning and Alignment for the Dancer
  - KINA 120 Swim for Fitness
  - KINA 130 Lifelong Fitness Laboratory
  - KINA 132 Aqua Aerobics
  - KINA 134 Cardio Boot Camp
  - KINA 136 Pilates Mat I
  - KINA 139 Cross Training for Fitness
  - KINA 140 Walking for Fitness
  - KINA 148 Strength Training
  - KINA 158 Yoga I
  - KINA 230 Lifelong Fitness Center II: Cardiovascular Fitness
  - KINA 258 Yoga II

- **INDIVIDUAL SPORTS:**
  - KINA 101 Tennis I
  - KINA 107 Badminton I
  - KINA 113 Golf I

2019-2020 Catalog
### TEAM SPORTS:
- KINA 103  Softball I  1
- KINA 104  Volleyball I  1
- KINA 105  Basketball I  1
- KINA 108  Water Polo I  1
- KINA 109  Soccer I  1
- KINA 110  Futsal (Indoor Soccer)  1
- KINA 133  Wrestling I  1
- KINA 201  Tennis II  1
- KINA 204  Volleyball II  1
- KINA 205  Basketball II  1
- KINA 207  Badminton II  1
- KINA 209  Soccer II  1
- KINA 213  Golf II  1

Choose 2 courses from the following:

<table>
<thead>
<tr>
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<tbody>
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<td>Math 130H</td>
<td>Statistics Honors</td>
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<td>PSY 190</td>
<td>*Statistics for the Behavioral Sciences</td>
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<td>CHEM 130</td>
<td>*General Chemistry</td>
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<tr>
<td>PHY 150</td>
<td>*General Physics I</td>
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<tr>
<td>PHY 211</td>
<td>*Physics for Scientists and Engineers I</td>
<td>4</td>
</tr>
<tr>
<td>KIN 193</td>
<td>Standard First Aid and C.P.R.</td>
<td>3</td>
</tr>
</tbody>
</table>

**Required Subtotal**  
21 - 23

**CSU GE or IGETC Pattern**  
varies

**Transferable Electives**  
as needed to reach 60 transferable units

**Total transferable units needed for Associate in Arts**  
60

*Prerequisite/Corequisite

Note: Students are advised to check with the Counseling Department or Transfer Center for the courses accepted into the Kinesiology major at the CSU where they seek to transfer.