

KINESIOLOGY, ASSOCIATE IN ARTS DEGREE FOR TRANSFER (AA-T)

Financial Aid Eligible
Banner Code: 1_AAT_KIN
Control Number: 31334

Students graduating with an Associate in Arts in Kinesiology for Transfer Degree are well positioned to complete a Bachelor's Degree in Kinesiology within the CSU system with 60 units of upper-division coursework. Students who complete the Kinesiology AA-T degree are guaranteed admission to the CSU system, but not to a particular campus or major. Students must maintain a minimum grade point average (GPA) of at least 2.0 in all CSU-transferable coursework. While a minimum 2.0 is required for CSU admission, some majors may require a higher GPA. Please consult a counselor for more information.

Program Outcomes

1. Identify and describe major concepts, theoretical principles, empirical findings, and historical trends in Kinesiology.
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.
3. Analyze and evaluate how anatomical and physiological systems impact human movement.
4. Students will be eligible and prepared for admission (SB 1440 and Education Code 66746) to California State University system schools.

Associate Degree for Transfer Requirements

The following is required for all AA-T or AS-T degrees:

1. Minimum of 60 CSU-transferable semester units.
2. Minimum GPA of at least 2.0 in all CSU transferable coursework. While a minimum of 2.0 is required for admission, some majors require a higher GPA. Consult with a counselor for more information.
3. Completion of a minimum of 18-semester units in the major as detailed in the Degree and Certificate section of this catalog. All courses in the major must be completed with a grade of C or better.
4. Certified completion of the California State University General Education-Breadth pattern (CSU General Education Breadth – Option 2 (<https://catalog.cccd.edu/orange-coast/general-education-patterns/associate-degree-general-education-option-2/>)) OR the Intersegmental General Education Transfer Curriculum (IGETC – Option 3 (<https://catalog.cccd.edu/orange-coast/general-education-patterns/associate-degree-general-education-option-3/>)).

Course	Title	Units
Required Courses		
<i>Core Courses</i>		
BIOL A220	Human Anatomy	5
BIOL A225	Human Physiology	5
KIN A202	Introduction to Kinesiology	3
Movement-Based Courses (see list)		3

Course	Title	Units
<i>List A</i>		
Select two of the following:		7-9
BIOL A125	Human Biology	
CHEM A110 or CHEM A180	Introduction to Chemistry General Chemistry A	
MATH A160 or PSYC A160	Introduction to Statistics Statistics for the Behavioral Sciences	
PHYS A120 or PHYS A185	Algebra Based Physics: Mechanics Calculus Based Physics: Mechanics	
Total Major Units		23-25
CSU or IGETC for CSU		37-39
Transferable electives as needed to satisfy unit requirement		Varies
Total Degree Units		60

Kinesiology AA-T Movement-Based Course List

Course	Title	Units
Select one (1) course from three (3) separate areas for a total of three (3) units:		
Area 1-Aquatics		
KIN A130	Aqua Fitness	
KIN A131	Swimming for Fitness Level 1	
KIN A132	Swimming Level 1	
KIN A140	Outrigger Canoeing	
KIN A141	Surfing and Ocean Safety Level 1 ¹	
Area 2-Combatives		
KIN A126	Aikido	
KIN A127	Karate	
KIN A129	T'ai Chi Chih ¹	
Area 3-Fitness		
KIN A105	Cardiovascular Fitness	
KIN A106	Weight Training Level 1	
KIN A107	Fitness Programs I	
KIN A108	Strength and Conditioning	
KIN A110	Walking for Fitness Level 1	
KIN A111	Step Cardio & Core Level 1	
KIN A116	Triathlon Techniques	
Area 4-Individual Sports		
KIN A128	Hatha Yoga - Level I	
KIN A129	T'ai Chi Chih ¹	
KIN A141	Surfing and Ocean Safety Level 1 ¹	
KIN A146	Tennis Level 1	
KIN A155	Bowling Level 1	
KIN A153	Golf Level 1	
KIN A156	Rock Climbing Level 1	
KIN A228	Hatha Yoga Level II	
Area 5-Team Sports		
KIN A145	Badminton Level 1	
KIN A150	Basketball	
KIN A152	Soccer Level 1	

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Course	Title	Units
KIN A154	Volleyball Level 1	
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Total Units		3

¹ Course may not be used to fulfill more than one (1) area requirement.