

KINESIOLOGY (AA-T)

ASSOCIATE IN ARTS FOR TRANSFER (AA-T)

An Associate of Arts Degree in Kinesiology for transfer provides students with an introductory knowledge of the fundamental principles of kinesiology including the historical development of physical education and sport in our society. Students will gain theoretical and scientific knowledge about the body, including the skeletal and muscular systems. Additionally, students will learn and execute motor/sports skills appropriate for personal development as well as proficiency in discussing the benefits of an active lifestyle. Students will display professionalism and communication/presentation skills with prep.

Program Student Learning Outcomes

- Student identify and/or explain the benefits of physical activity as related to overall health and wellness.
- Student identify structures and functions related to the major systems in the body (i.e. skeletal system, major muscle in the body, organs in the body).
- Students apply theoretical and scientific knowledge from the subdisciplines in kinesiology.
- Students demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- Students describe the role of Kinesiology as an academic discipline and recognize the importance of the historical development of physical education and sport in our society.
- Students display professionalism and communication/presentation skills (written, oral, and kinesthetic) with preparedness for transfer.

Program Requirements

Code Number	Course Title	Units
Required Core Courses		
KIN 100	Introduction to Kinesiology	3.0
A&P 150	Introduction to Human Anatomy	4.0
A&P 151	Introduction to Human Physiology	4.0
Movement Based Courses		3.0-6.0
Select one (1) course maximum from any three (3) of the following areas: Aquatics, Combatives, Team Sports, Individual Sports, Fitness, Dance		
Aquatics		
PEX 105	Adapted Swimming (1)	
PEX 184	Swimming, Novice (1)	
PEX 185	Swimming, Beginning (1)	
PEX 284	Swimming, Intermediate (2)	
PEX 285	Swimming, Advanced (2)	
Combatives		
PEX 147	Personal Self Defense (1)	
PEX 148	Brazilian Jiu Jitsu (1)	
PEX 149	Tae Kwon Do, Beginning (1)	
PEX 150	Mixed Martial Arts	
PEX 249	Tae Kwon Do, Intermediate/Advanced (2)	
Dance		
DANC 106A	Beginning Ballet (2)	
DANC 106B	Intermediate Ballet (2)	

DANC 108A	Dance, Modern, Beginning (2)
DANC 108B	Dance, Modern, Intermediate (2)
DANC 108C	Dance, Modern Advanced (2)
DANC 109	Introduction to Dance Cultures of the World (2)
DANC 112	Contemporary Dance (2)
DANC 121	Latin Social Dance (2)
DANC 122	Middle Eastern Dance (2)
DANC 123	African Dance (2)
DANC 124	Hip Hop Dance I (2)
DANC 125	Introduction to Ballroom Dance (2)
DANC 126	Hip Hop Dance II (2)
DANC 140	Beginning Jazz Dance (2)
DANC 141	Intermediate Jazz Dance (2)
DANC 142	Beginning Tap Dance (2)
DANC 143	Intermediate Tap Dance (2)
DANC 144	Dance for Musical Theatre (2)
Fitness	
KIN 102	Introduction to Athletic Training (3)
PEX 103	Adapted Strength Training (1)
PEX 103A	Adapted Circuit Weight Training (1)
PEX 108	Adapted Individual Sports (1)
PEX 110	Aerobic Activities (1)
PEX 111	Low Impact Aerobics (1.5)
PEX 112	Step Aerobics
PEX 113	Zumba
PEX 116	Water Aerobics (1)
PEX 117	Aqua Zumba
PEX 120	Cardio Kickboxing (1.5)
PEX 121	High-Intensity Interval Training (1)
PEX 122	Cross Training and Fitness Conditioning (1.5)
PEX 124	Personal Fitness Program (1)
PEX 126	Physical Fitness Training (1.5)
PEX 132	Indoor Cycling (1)
PEX 135	Ropes, Bands, and Suspension Training (1.5)
PEX 138	Walking for Fitness (1)
PEX 139	Walking/Jogging for Fitness (1)
PEX 140	Jogging, Basics (1)
PEX 141	Jogging for Fitness, Beginning (1)
PEX 145	Circuit Weight Training, Beginning (1)
PEX 151	Yoga (1)
PEX 152	Gentle Yoga (1)
PEX 153	Meditative – Yoga and Stress Reduction (1)
PEX 156	Pilates Conditioning (1)
PEX 162	Badminton Fitness and Technique Training (1.5)
PEX 245	Circuit Weight Training, Intermediate/Advanced (2)
PEX 246	Olympic Weights-Power Lifting (2)
Individual Sports	
PEX 161	Badminton, Beginning (1)

PEX 167	Bowling, Beginning (1)
PEX 176	Golf, Beginning (1)
PEX 188	Tennis, Introduction (1)
PEX 189	Tennis, Beginning (1)
PEX 261	Badminton, Intermediate/Advanced (2)
PEX 276	Golf, Intermediate/Advanced (2)
PEX 288	Tennis, Intermediate (2)
PEX 289	Tennis, Advanced (2)

Team Sports

PEX 107A	Adapted Soccer (1)
PEX 163	Baseball, Beginning (1)
PEX 165	Basketball, Novice (1)
PEX 166	Basketball, Beginning (1)
PEX 172	Flag Football (1)
PEX 177	Futsal-Indoor Soccer (1)
PEX 178	Soccer, Beginning (1)
PEX 181	Softball, Beginning (1)
PEX 191	Volleyball, Introduction (1)
PEX 192	Volleyball, Beginning (1)
PEX 263	Baseball, Intermediate/Advanced (2)
PEX 265	Basketball, Intermediate (2)
PEX 266	Basketball, Advanced (2)
PEX 278	Soccer, Intermediate/Advanced (2)
PEX 281	Softball, Intermediate/Advanced (2)
PEX 291	Volleyball, Intermediate (2)
PEX 292	Volleyball, Advanced (2)

List A: Select 7-9.5 units of the following: 7.0-9.5

MATH 112	Elementary Statistics (4-4.5)
or MATH 112S	Enhanced Elementary Statistics
or PSYC 210	Elementary Statistics
CHEM 100	Introductory Chemistry (4-5)
or CHEM 111	General Chemistry
PHYS 101	General Physics (4)
or PHYS 201	Engineering Physics
KIN 110	Community First Aid and CPR (3)
or HED 110	Community First Aid and CPR

Total Units**21-26.5**

ASSOCIATE IN ARTS FOR TRANSFER DEGREE REQUIREMENTS

- Completion of 60 semester units or 90 quarter units of degree-applicable courses,
- Minimum overall grade point average of 2.0,
- Minimum grade of "C" (or "P") for each course in the major, and
- Completion of IGETC and/or CSU GE-Breadth.