

# KINESIOLOGY ASSOCIATE IN ARTS FOR TRANSFER DEGREE

Kinesiology is the study of the principles of mechanics and anatomy in relation to human movement. The Kinesiology Associate in Arts Degree for Transfer (Kinesiology AA-T degree) provides students with an education in the core aspects of the Exercise of Science, Pedagogical, and Health and Human Performance. The Kinesiology AA-T degree prepares students for transfer to CSU campuses that offer bachelor's degrees in Kinesiology.

The Associate in Arts for Transfer (AA-T) or the Associate in Science for Transfer (AS-T) is intended for students who plan to complete a bachelor's degree in a similar major at a CSU campus. Students completing these degrees (AA-T or AS-T) are guaranteed admission to the CSU system, but not to a particular campus or major.

To earn a Kinesiology AA-T degree, students must complete the following Associate Degree for Transfer requirements:

- completion of the following major requirements with grades of C (or "P");
- completion of 60 CSU transferable semester units with a grade point average of at least 2.0; and
- certified completion of the CSU General Education-Breadth (CSUGE) or Intersegmental General Education Transfer Curriculum (IGETC) for CSU, which requires a minimum of 37-39 units.

It is highly recommended that students complete courses that satisfy the U.S. History, Constitution, and American Ideals requirement as part of CSUGE or IGETC before transferring to a CSU.

Students planning to transfer to a baccalaureate institution and major in Kinesiology should consult with a counselor regarding the transfer process and lower division requirements.

Code	Title	Units
<b>Required Courses:</b>		
KIN 200	Introduction to Physical Education and Kinesiology	3
<b>One Biology Course Sequence:</b>		
BIOL 250 & BIOL 251	Human Anatomy and Physiology I and Human Anatomy and Physiology II	8
BIOL 260 & BIOL 261	Human Anatomy and Human Physiology	8
<b>Movement Based Courses - One course maximum from any of categories below: (3 units minimum)</b>		
Combative:		
KINF 190A	Beginning Tai Chi	1
KINF 190B	Intermediate Tai Chi	1
KINF 190C	Advanced Tai Chi	1
Dance:		
DANCE 101A	Beginning Modern Dance	2
DANCE 101B	Beginning/Intermediate Modern Dance	2
DANCE 102A	Intermediate Modern Dance	2
DANCE 102B	Intermediate/Advanced Modern Dance	2
DANCE 103A	Beginning Ballet	2
DANCE 103B	Beginning/Intermediate Ballet	2
DANCE 105A	Beginning Jazz Dance	2
DANCE 105B	Beginning/Intermediate Jazz Dance	2

DANCE 106A	Intermediate Jazz Dance	2
DANCE 106B	Intermediate/Advanced Jazz Dance	2
DANCE 107X2	Beginning Tap Dance	2
Fitness:		
KINF 100A	Beginning Pilates Mat	1
KINF 100B	Intermediate Pilates Mat	1
KINF 100C	Advanced Pilates Mat	1
KINF 101A	Beginning Boxing for Fitness	1
KINF 101B	Intermediate Boxing for Fitness	1
KINF 105A	Beginning Low Impact Aerobics	1
KINF 105B	Intermediate Low Impact Aerobics	1
KINF 105C	Advanced Low Impact Aerobics	1
KINF 108A	Beginning Weight Training	1
KINF 108B	Intermediate Weight Training	1
KINF 108C	Advanced Weight Training	1
KINF 112A	Beginning Body Conditioning	1
KINF 112B	Intermediate Body Conditioning	1
KINF 127A	Beginning Walking for Fitness	1
KINF 127B	Intermediate Walking for Fitness	1
KINF 132A	Beginning Distance Running	1
KINF 132B	Intermediate Distance Running	1
KINF 138A	Beginning Physical Fitness	1
KINF 138B	Intermediate Physical Fitness	1
KINF 138C	Advanced Physical Fitness	1
KINF 168A	Beginning Yoga	1
KINF 168B	Intermediate Yoga	1
KINF 168C	Advanced Yoga	1
Individual Sports:		
KINS 103A	Beginning Badminton	1
KINS 103B	Intermediate Badminton	1
KINS 103C	Advanced Badminton	1
KINS 150A	Beginning Table Tennis	1
KINS 150B	Intermediate Table Tennis	1
KINS 150C	Advanced Table Tennis	1
Team Sports:		
KINS 104A	Beginning Basketball	1
KINS 104B	Intermediate Basketball	1
KINS 104C	Advanced Basketball	1
KINS 107A	Beginning Ultimate Frisbee	1
KINS 107B	Intermediate Ultimate Frisbee	1
KINS 107C	Advanced Ultimate Frisbee	1
KINS 116A	Beginning Soccer	1
KINS 116B	Intermediate Soccer	1
KINS 116C	Advanced Soccer	1
KINS 120A	Beginning Softball	1
KINS 120B	Intermediate Softball	1
KINS 120C	Advanced Softball	1
KINS 124A	Beginning Volleyball	1
KINS 124B	Intermediate Volleyball	1
KINS 124C	Advanced Volleyball	1
<b>List A - Two courses from the following: (6 units minimum)</b>		
BIOL 100	General Biology	4

CHEM 104	Introduction to Organic Chemistry and Biochemistry	4
CHEM 105	Introduction to General, Organic And Biochemistry	5
CHEM 150	General Chemistry I	5
ECON 208	Business and Economic Statistics	4
or MATH 108	Introduction to Probability and Statistics	
or PSYCH 105	Statistics for the Behavioral Sciences	
HEALTH 101	Personal Health and Wellness	3
KIN 231	First Aid and CPR	3
PHYSIC 151	General Physics for the Life Sciences I	4
PHYSIC 202	Physics I	4
PSYCH 100	General Psychology	3
or PSYCH 100H	General Psychology - Honors	

Code	Title	Units
<b>Major Total</b>		<b>20-24</b>
<b>Total Units That May Be Double Counted</b>		<b>4-13</b>
<b>General Education (CSU GE or IGETC) Units</b>		<b>37-39</b>
<b>Elective (CSU Transferable) Units</b>		<b>3-14</b>
<b>Total Units</b>		<b>60</b>

See Section on Degree, Certificate, and Transfer Information for additional information on the Associate Degrees for Transfer.

To earn an SBVC Associate Degree for Transfer (AA-T or AS-T) students must complete one of the following general education patterns:

CSU GE requirements (<https://www.valleycollege.edu/student-services/counseling/csuge/>)

IGETC requirements (<https://www.valleycollege.edu/student-services/counseling/igetc/>)

## Program Learning Outcomes

At the completion of this program, students will be able to:

- Apply aerobic and anaerobic exercises for the proper form and alignment for a particular physical activity.
- Identify strategies, techniques, and standards in the field of Exercise of Science, Pedagogical, or Human Health Movement.
- Define health and skill related fitness components to promote an exercise program geared towards specific health, fitness, and wellness goals.
- Explain risk factors of communicable and hypokinetic diseases to make nutritional and necessary choices to fuel the body with nutrients for various degrees of activity and weight control.