

# KINESIOLOGY - ASSOCIATE IN ARTS FOR TRANSFER

The Associate in Arts in Kinesiology for Transfer (AA-T) degree will prepare students with the strong foundation necessary for pursuing studies at the university level in various careers in the health, fitness, and sports industries. Career options include: sport coach, strength and conditioning specialist, athletic director, physical therapist, personal trainer, health club owner, exercise physiologist, sport psychologist, sports management and athletic trainer. The AA-T in Kinesiology is intended for students who plan to complete a baccalaureate degree in Kinesiology or a related field of study at a California State University (CSU). Students who complete this degree are guaranteed admission to the CSU system, but not to a particular campus or major. Students transferring to a CSU campus that accepts the AA-T in Kinesiology will be required to complete no more than 60 semester units after transfer to earn a baccalaureate degree.

**To be awarded the Associate Degree for Transfer, students must have the following:**

- Completion of 60 CSU transferable semester units.
- A minimum of at least 2.0 GPA in CSU transferable courses (note that a higher GPA may be required in some institutions).
- Completion of at least 18 units in the major with a grade of "C" or better. A "P" (Pass) grade is also an acceptable grade for courses in the major if the course is taken on a Pass/No Pass basis.
- Certified completion of the CSU General Education-Breadth (CSU GE-Breadth) requirements, or completion of the Intersegmental General Education Transfer Curriculum (IGETC) for CSU requirements.

**Please Note:** No more than 60 semester units are required for this degree and no additional requirements will be imposed by Evergreen Valley College.

## Program Learning Outcomes

- Demonstrate an understanding of the basic structure of the human body and how its various systems respond.
- Explain the importance of lifetime fitness in today's society.
- Identify the values or code of ethics related to the major that reflects one's respect for different ideas, peoples, and cultures.
- Demonstrate oral and written competence in the major field.

## Major Requirements

Course	Title	Units
<b>Core Requirements</b>		
KINS 033	Introduction to Kinesiology and Physical Education	3
BIOL 071	Human Anatomy	5
BIOL 072	Human Physiology	5
<i>Movement-based Courses: Select one course from three of the following areas:</i>		3
<i>Fitness</i>		
KINS 021	Step Aerobics	
KINS 022	Ultimate Fitness	
KINS 029	Power Punch	
KINS 034	Fit Camp	
KINS 039A	Hatha Yoga	

KINS 053A	Walk/Jog Beginning	
KINS 053B	Jogging for Fitness	
KINS 054	Indoor Cycling	
KINS 055	Aerobics With Music	
KINS 056A	Weight Training Beginning	
KINS 057	Cardio and Strength Circuit Training	
KINS 070A	Fitness Walking for Beginners	
KINS 082L	Hiking Death Valley	
KINS 087A	Hiking and Backpacking, Beginning	
KINS 087B	Hiking and Backpacking, Intermediate	
KINS 088A	Rock Climbing, Beginning	
KINS 088B	Rock Climbing, Intermediate	1
KINS 095	Core Strength Conditioning	
KINS 096	Body Sculpting	
PED 043	Pilates Mat Workout	

### Individual Sports

KINS 047A	Tennis, Beginning	
KINS 047B	Tennis, Intermediate	
KINS 051A	Table Tennis Beginning	
KINS 051B	Table Tennis Intermediate	
KINS 060	Self-Defense	
KINS 089A	Paddle Sports, Beginning	
KINS 104A	Kayaking Beginning	

### Team Sports

KINS 008A	Pickleball Beginning	
KINS 008B	Pickleball Intermediate	
KINS 009A	Badminton, Beginning	
KINS 009B	Badminton Intermediate	
KINS 012A	Beginning Basketball	
KINS 038A	Soccer, Beginning	
KINS 040A	Softball, Beginning	
KINS 040B	Softball Intermediate	
KINS 052A	Beginning Volleyball	
KINS 052B	Intermediate Volleyball	
KINS 052C	Advanced Volleyball	

### List A: Select two courses 6

CHEM 030A	Introduction to Chemistry	
	or CHEM 001A General Chemistry	
KINS 025	First Aid, CPR & AED	
MATH 063	Elementary Statistics	
	or BUS 060 Fundamentals of Business Statistics	
PHYS 002A	Algebra/Trigonometry-Based Physics I	
	or PHYS 004A General Physics	

## Total Requirements

Course	Title	Units
Major Requirements		22-26
CSU GE-Breadth or IGETC for CSU <sup>1</sup>		37-39
Transferable electives (as needed to reach 60 units)		
<b>Total Units</b>		<b>60</b>

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<sup>1</sup> *Some GE courses may be double-counted within the major and will reduce the number of units. General electives may be needed to reach 60 units. Please consult with a counselor to determine which courses are applicable.*