

KINESIOLOGY ASSOCIATE IN ARTS DEGREE FOR TRANSFER

PROGRAM CODE: 2A36863

The **Kinesiology Associate in Arts Degree for Transfer (AA-T)**, also called the Kinesiology AA-T Degree, prepares students to transfer to CSU campuses that offer a bachelor's degree in Kinesiology. Ed Code Section 66746-66749 states students earning the Kinesiology AA-T degree will be granted priority for admission as a Kinesiology major to a local CSU, as determined by the CSU campus to which the student applies. Students with a degree in Kinesiology may pursue careers in a variety of health science professions including physical training, physical therapy, fitness instruction, coaching and athletics. The completion of this curriculum will demonstrate commitment to the field and provide comprehensive preparation for upper-division work. The Kinesiology AA-T Degree requires a total of 22-26.5 units in required courses and restricted electives from the categories below as indicated. The following is required for all AA-T or AS-T degrees, and there are no additional graduation requirements: (1) Completion of 60 semester units or 90 quarter units that are eligible for transfer to the California State University, including both of the following: (a) The Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education – Breadth Requirements. (b) A minimum of 18 semester units or 27 quarter units in a major or area of emphasis, as determined by the community college district. (2) Obtainment of a minimum grade point average of 2.0. (3) ADTs also require that students must earn a C or better in all courses required for the major or area of emphasis. A P (Pass) grade is an acceptable grade for courses in the major only if the P is defined to be equivalent to a C or better.

Code	Title	Units
Required Courses (15-16.5 Units)		
		15 - 16.5
PE 252 F	Introduction to Kinesiology	3
ANAT 231 F	General Human Anatomy	4
ANAT 240 F	Human Physiology	5
Movement Based Courses-Select a maximum of one (1) course from any three (3) of the following areas for a minimum of three units: Aquatics, Combatives, Team Sports, Individual Sports, Fitness, or Dance.		
Aquatics		
PE 134 F	Beginning Swimming	1
PE 149 F	Swim for Fitness	1
PE 151 F	Aqua Aerobics	1
PE 192 F	Water Polo	1
Combatives		
PE 103 F	Aikido	1
PE 112 F	Fencing	1
PE 163 F	Kickboxing	1
PE 188 F	Self Defense-Boxing	1
Fitness		
PE 102 F	Yoga	1
PE 104 F	Spinning	1
PE 114 F	High Intensity Interval Training (formerly Cardiovascular Conditioning)	1
PE 121 F	Walking for Fitness	1

PE 129 F	Cardio Step (formerly Cardio Step Aerobics)	1
PE 165 F	Lifetime Fitness	1
PE 167 F	Cardio Kickboxing (formerly Cardio Kick Boxing Aerobics)	1
PE 182 F	Body Building/Body Development and Weight Lifting	1
PE 193 F	Weight Training/Weight Lifting	1
Individual Sports		
PE 105 F	Badminton	1
PE 115 F	Golf	1
PE 117 F	Gymnastics - Tumbling (formerly Gymnastics)	1
PE 127 F	Racquetball-Indoors	1
PE 139AF	Beginning Tennis	1
Team Sports		
PE 181 F	Intermediate/Advanced Basketball (formerly Basketball)	1
PE 189 F	Soccer II (formerly Soccer)	1
PE 203 F	Intercollegiate Basketball - Men	1.5
PE 204 F	Intercollegiate Basketball - Women	1.5
Dance		
DANC 111 F	Jazz I	1
DANC 113 F	Tap Dance I	1
DANC 114 F	Tap Dance II	1
DANC 115 F	Hip Hop Dance I	1
DANC 116 F	Social Dance	1
DANC 140 F	Introduction to Ballet	2
DANC 141 F	Ballet I: Beginning Ballet	2
DANC 142 F	Ballet II: Advanced Beginning Ballet	2
DANC 143 F	Ballet III: Intermediate Ballet	2
DANC 160 F	Introduction to Modern Dance	2
DANC 161 F	Beginning Modern Dance (formerly DANC 107 F)	2
DANC 162 F	Advanced Beginning Modern Dance (formerly DANC 108 F)	2
DANC 163 F	Intermediate Modern Dance	2
Restricted Electives Select courses (minimum 7 units) from the following (7-10 units total)		
MATH 120 F	Introductory Probability and Statistics	4
	or MATH 120HF Honors Introductory Probability and Statistics	
	or MATH 121 F Introductory Probability and Statistics with Support	
	or SOSC 120 F Introduction to Probability and Statistics	
	or PSY 161 F Elementary Statistics for Behavioral Science	
	or PSY 161HF Honors Elementary Statistics for Behavioral Science	
CHEM 101 F	Chemistry for Allied Hlth Sci	5
	or CHEM 111AF General Chemistry I	
PHYS 205 F	Physics for the Life Sciences I	4
	or PHYS 210 F Physics with Calculus for the Life Sciences I	
PE 235 F	First Aid, CPR, and Safety Education	3
Total Units		22-26.5

Outcome 1: Examine and evaluate how anatomical and physiological systems impact human movement by analyzing, observing, and/or demonstrating a variety of physical exercises.

Outcome 2: Distinguish major concepts, theoretical principles, empirical findings, and historical and current trends in Kinesiology.

Outcome 3: Understand, analyze and apply scientific principles to movement, exercise and sport, including the demonstration and evaluation of knowledge and skills in fitness activities, aquatics, combative, and individual sports.

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