



ASSOCIATE IN ARTS IN KINESIOLOGY FOR TRANSFER

A.A.-T DEGREE FOR TRANSFER

Description

The proposed Associate in Arts in Kinesiology for Transfer (A.A.-T in Kinesiology) is designed to prepare students for transfer into the CSU system to complete a baccalaureate degree in Kinesiology or similar major. Please consult a counselor regarding specific course requirements for your transfer institution. This degree provides guaranteed admission with junior status to the CSU system, along with priority admission to the local CSU, Fullerton, in the Kinesiology major. See page 30 for a list of additional requirements for all Associate in Arts for Transfer (A.A.-T) and Associate in Science for Transfer (A.S.-T) degrees. Upon completion of the A.A.-T in Kinesiology degree students will be able to articulate understanding of scientific foundations of Kinesiology, distinguish between Kinesiology-related careers, and demonstrate movement skills competence. Students will gain knowledge and movement-based experience which prepares them in pursuit of a bachelor's or master's degree and or professional certification in exercise science, nutrition, health promotion, sports medicine athletic training, physical therapy, and coaching or fitness related fields.

Program Learning Outcomes

Upon successful completion of this program, students will be able to:

1. Students will apply scientific foundations to understanding human movement.
2. Students will discuss the importance of physical activity in daily life and the implications for Kinesiology-related careers.
3. Students will demonstrate competence in 3 area of physical activity experience.

Degree Requirements:

Core Courses: (14 units)	Units: (11 Required)
KNPR101 Introduction to Kinesiology	3
BIOL239 General Human Anatomy	4
BIOL249 Human Physiology	4
Movement Based Courses (3 units) Select a maximum of 1 course from at least 3 different physical activity areas.	Units: (3 Required)
Select a maximum of one (1) course from the Aquatics area:	Units: (0 Required)
KNAQ201A Beginning Swimming	0.5 - 1
KNAQ201B Lap Swimming	0.5 - 1
KNAC226A Beginning Water Polo	0.5 - 1
Select a maximum of one (1) course from the Combatives area:	Units: (0 Required)
KNAC140A Beginning Karate	0.5 - 1
KNAC155A Beginning Self-Defense	0.5 - 1
KNAC169A Beginning Wrestling	0.5 - 1
KNAF156A Beginning Cardio Kickboxing	0.5 - 1
Select a maximum of one (1) course from the Dance area:	Units: (0 Required)
DNCE106A Introduction to Modern Dance	1
DNCE106B Introduction to Modern Dance	1
DNCE108A Introduction to Ballet	1
DNCE108B Introduction to Ballet	1
DNCE110 Beginning Mexican Folk Dance	1
DNCE111 Intermediate Mexican Folk Dance	1
DNCE112 Ethnic Dance	1
DNCE113A Flamenco Dance I	1
DNCE113B Flamenco Dance II	1
DNCE117 Introduction to Middle Eastern Dance	1
DNCE118 Introduction to Caribbean and Latin Dance Styles	1
DNCE119A Introduction to Jazz Dance	1
DNCE119B Introduction to Jazz Dance	1
DNCE120A Introduction to Hip-Hop Dance	1

DNCE120B	Intermediate Hip-Hop Dance	1
DNCE122	Commercial Contemporary Dance	1
DNCE123	Introduction to Salsa Dance	1
DNCE124	Intermediate Salsa Dance	1
Select a maximum of one (1) course from the Fitness area:		Units: (0 Required)
KNAC123	Personal Fitness Training	1
KNAC150A	Beginning Hatha Yoga	0.5 - 1
KNAC170A	Beginning Yoga	0.5 - 1
KNAF140A	Beginning Walking/Jogging for Fitness	0.5 - 1
KNAF143A	Boot Camp Workout	0.5 - 1
KNAF144A	Beginning Cross Training	0.5 - 1
KNAF146A	Beginning Stability Ball	1
KNAF146B	Intermediate Stability Ball Training	1
KNAF156A	Beginning Cardio Kickboxing	0.5 - 1
KNAF156B	Intermediate Cardio Kickboxing	0.5 - 1
KNAF157A	Beginning Cardio Pump	0.5 - 1
KNAF150A	Beginning Stretch, Flex and Tone	0.5 - 1
KNFI112A	Beginning Circuit Training	1
KNFI112B	Intermediate Circuit Training	1
KNFI114A	Beginning Spinning	0.5 - 1
KNFI114B	Intermediate Spinning	0.5 - 1
KNFI115A	Beginning Cardiovascular Conditioning	0.5 - 1
KNFI115B	Intermediate Cardiovascular Conditioning	0.5 - 1
KNFI147A	Beginning Weight Training	0.5 - 1
KNFI147B	Intermediate Weight Training	0.5 - 1
DNCE109A	Pilates Mat I	1
DNCE109B	Pilates Mat II	1
Select a maximum of one (1) course from the Individual Sports area:		Units: (0 Required)
KNAC107A	Beginning Badminton	0.5 - 1
KNAC160A	Beginning Tennis	0.5 - 1
Select a maximum of one (1) course from the Team Sports area:		Units: (0 Required)
KNAC200A	Beginning Intramural-Basketball	0.5 - 1
KNAC211A	Beginning Baseball	1
KNAC211B	Intermediate Baseball	1
KNAC220A	Beginning Basketball	1
KNAC220B	Intermediate Basketball	1
KNAC260A	Beginning Soccer	0.5 - 1
KNAC260B	Intermediate Soccer	0.5 - 1
KNAC265A	Beginning Indoor Soccer	0.5 - 1
KNAC265B	Intermediate Indoor Soccer	0.5 - 1
KNAC270A	Beginning Softball	1
KNAC290A	Beginning Volleyball	1
KNAC290B	Intermediate Volleyball	1
List A: Select two courses		Units: (7 - 9 Required)
MATH219 or	Statistics and Probability	4
MATH219H	Honors Statistics and Probability	4
CHEM210 or	General, Organic and Biochemistry	5
CHEM219 or	General Chemistry	5
CHEM219H	Honors General Chemistry	5
PHYS279 or	College Physics I	4
PHYS210 or	Principles of Physics I	4
PHYS217	Engineering Physics I	4
KNHE106	Cardiopulmonary Resuscitation and First Aid	3

Approval Dates:

CIC Approval Date: 12/04/2017

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