

Associate in Arts in Kinesiology for Transfer 2019-2020

The Associate in Arts in Kinesiology for Transfer is designed to prepare students for transfer into the CSU system to complete a baccalaureate degree in Kinesiology or similar major. This degree provides guaranteed admission with junior status to the CSU system, although not to a particular campus or major. Upon completion of the 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 preparing 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.

Learning Outcome(s):

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 at least 3 areas of physical activity experience.

Courses

Units

Required Core (14 units)

Kinesiology Professional 101, Introduction to Kinesiology	3
Biology 239, General Human Anatomy	4
Biology 249, Human Physiology	4

Movement Based Courses: Select a maximum of 1 course from any 3 of the following areas for a total of three units. 3

Area 1 Aquatics

- Kinesiology Aquatics 201A, Beginning Swimming (1)
- Kinesiology Aquatics 201B, Lap Swimming (1)
- Kinesiology Aquatics 226A Beginning Water Polo (1)

Area 2 Combatives

- Kinesiology Activities 140A, Beginning Karate (1)
- Kinesiology Activities 155A, Beginning Self-Defense (1)
- Kinesiology Activities 169A Beginning Wrestling (1)

Area 3 Dance

- Dance 106A, Introduction to Modern Dance (1)
- Dance 106B, Introduction to Modern Dance (1)
- Dance 108A, Introduction to Ballet (1)
- Dance 108B, Introduction to Ballet (1)
- Dance 110, Beginning Mexican Folk Dance (1)
- Dance 111, Intermediate Mexican Folk Dance (1)
- Dance 112, Ethnic Dance (1)
- Dance 113A, Flamenco Dance I (1)
- Dance 113B, Flamenco Dance II (1)
- Dance 117, Introduction to Middle Eastern Dance (1)
- Dance 118, Introduction to Caribbean and Latin Dance Styles (1)
- Dance 119A, Introduction to Jazz Dance (1)
- Dance 119B, Introduction to Jazz Dance (1)
- Dance 120A, Introduction to Hip-Hop Dance (1)
- Dance 120B, Introduction to Hip-Hop Dance (1)
- Dance 122, Commercial Contemporary Dance (1)
- Dance 123, Introduction to Salsa Dance (1)
- Dance 124, Intermediate Salsa Dance (1)

Area 4 Fitness

- Dance 109A, Pilates Mat I (1)
- Dance 105B, Pilates Mat II (1)
- Kinesiology Activities 123, Personal Fitness Training (1)
- Kinesiology Activities 150A, Beginning Hatha Yoga (1)
- Kinesiology Activities 170A, Beginning Yoga (1)
- Kinesiology Aerobic Fitness 140A, Beginning Walking/Jogging for Fitness (1)

Kinesiology Aerobic Fitness 143A, Beginning Extreme Fitness (1)
 Kinesiology Aerobic Fitness 144A, Beginning Cross Training (1)
 Kinesiology Aerobic Fitness 146A, Beginning Stability Ball (1)
 Kinesiology Aerobic Fitness 146B, Intermediate Stability Ball Training (1)
 Kinesiology Aerobic Fitness 156A, Beginning Cardio Kickboxing (1)
 Kinesiology Aerobic Fitness 156B, Intermediate Cardio Kickboxing (1)
 Kinesiology Aerobic Fitness 157A, Beginning Cardio Pump (1)
 Kinesiology Aerobic Fitness 150A, Beginning Stretch, Flex, and Tone (1)
 Kinesiology Fitness 112A, Beginning Circuit Training (1)
 Kinesiology Fitness 112B, Intermediate Circuit Training (1)
 Kinesiology Fitness 114A, Beginning Spinning (1)
 Kinesiology Fitness 114B, Intermediate Spinning (1)
 Kinesiology Fitness 115A, Beginning Cardiovascular Conditioning (1)
 Kinesiology Fitness 115B, Intermediate Cardiovascular Conditioning (1)
 Kinesiology Fitness 147A, Beginning Weight Training (1)
 Kinesiology Fitness 147B, Intermediate Weight Training (1)

Area 5 Individual Sports

Kinesiology Activities 107A, Beginning Badminton (1)
 Kinesiology Activities 160A, Beginning Tennis (1)

Area 6 Team Sports

Kinesiology Activities 200A, Beginning Intramural-Basketball (1)
 Kinesiology Activities 211A, Beginning Baseball (1)
 Kinesiology Activities 211B, Intermediate Baseball (1)
 Kinesiology Activities 220A, Beginning Basketball (1)
 Kinesiology Activities 220B, Intermediate Basketball (1)
 Kinesiology Activities 260A, Beginning Soccer (1)
 Kinesiology Activities 260B, Intermediate Soccer (1)
 Kinesiology Activities 265A, Beginning Indoor Soccer (1)
 Kinesiology Activities 265B, Intermediate Indoor Soccer (1)
 Kinesiology Activities 270A, Beginning Softball (1)
 Kinesiology Activities 290A, Beginning Volleyball (1)
 Kinesiology Activities 290B, Intermediate Volleyball (1)

List A: Select two courses (7-9 units)

1. Math 219, Statistics and Probability (4) —OR— Math 219H, Honors Statistics and Probability (4)
2. Chemistry 210, General, Organic and Biochemistry (5) —OR— Chemistry 219, General Chemistry (5) —OR— Chemistry 219H, Honors General Chemistry (5)
3. Physics 210, Principles of Physics I (4) —OR— Physics 217, Engineering Physics I (4) —OR— Physics 279, College Physics I (4)
4. Kinesiology Health Education 106, Cardiopulmonary Resuscitation and First Aid (3)

7-9

Total 21 - 23

REQUIREMENTS FOR THE ASSOCIATE IN ARTS FOR TRANSFER (A.A.-T) OR ASSOCIATE IN SCIENCE FOR TRANSFER (A.S.-T)



California community colleges are now offering Associate Degrees for Transfer (ADT) to the CSU. These may include Associate in Arts (AA-T) or Associate in Science (AS-T) degrees. These degrees are designed to provide a clear pathway to a CSU major and baccalaureate degree. California community college students who are awarded an AA-T or AS-T degree are guaranteed admission with junior standing somewhere in the CSU system and given priority admission consideration to their local CSU campus or to a program that is deemed similar to their community college major. This priority does not guarantee admission to specific majors or campuses.

Students who have been awarded an AA-T or AS-T are able to complete their remaining requirements for the 120-unit baccalaureate degree within 60 semester or 90 quarter units.

Santa Ana College offers numerous AA-T and AS-T degrees. To find out which CSU campuses accept each degree, please meet with a SAC counselor. You can also find this information at: www.adegreewithaguarantee.com.

An A.A.-T or A.S.-T degree may not be the best option for students intending to transfer to a particular CSU campus, or to a university or college that is not part of the CSU system. Current and prospective community college students are encouraged to meet with a counselor to review their options for transfer and to develop an educational plan that best meets their goals and needs.

***Please consult a counselor regarding specific course requirements for your transfer institution.**



Requirements

Student completion requirements for the associate degree for transfer:

- 1.) 60 semester or 90 quarter CSU transferable units. At least 12 of the units must be earned at Santa Ana College.
- 2.) The California State University General Education-Breadth pattern (CSU GE Breadth); OR the Intersegmental General Education Transfer Curriculum (IGETC) pattern. (Students pursuing an ADT in Biology or Chemistry must use CSU General Education for STEM or IGETC for STEM. Please see a counselor for specific requirements for each).
- 3.) A minimum of 18 semester or 27 quarter units in the major or area of emphasis as determined by the community college district (see Instructional Programs portion of the catalog).
- 4.) Obtainment of a minimum grade point average (GPA) of 2.0.
- 5.) Earn a grade of C or better in all courses required for the major or area of emphasis.

Santa Ana College currently offers the following Associate in Arts and Associate in Science for Transfer degrees:

Administration of Justice
Anthropology
Art History
Biology
Business Administration
Chemistry
Communication Studies
Computer Science
Early Childhood Education
Economics
Elementary Teacher Education
English
Film, Television and Electronic Media
Geography
Geology
History
Journalism
Kinesiology
Mathematics
Music
Nutrition
Philosophy
Physics
Political Science
Psychology
Sociology
Spanish
Studio Arts
Theatre Arts

Course Substitutions and Reciprocity, Policy and Procedures

Students who have completed courses at another California community college, a regionally accredited institution and/or completed an external exam such as AP, CLEP, or IB may apply the coursework or exam results toward AA-T/AS-T major requirements as follows:

- 1.) A course with a C-ID designation which is completed at another California community college will be substituted for a SAC course that meets an Associate Degree for Transfer (ADT) major requirement designated with the same C-ID number. SAC departmental approval is not required.
- 2.) A course without a C-ID designation which is completed at a regionally accredited institution, other than a California community college, will be reviewed by SAC discipline faculty. Course-to-course substitution will be granted based on discipline faculty determination of comparability to a SAC course with the approved C-ID designation for the given ADT. Course-to-course substitution will be granted in accordance with the statewide C-ID descriptor when the SAC course does not have an approved C-ID designation, but a statewide C-ID descriptor exists. When no such descriptor exists, course substitution will be based on discipline faculty determination of comparability to a SAC course included on the ADT.
- 3.) Students who have completed an external examination such as AP, CLEP, and IB are granted course credit toward ADT major requirements as listed in the SAC catalog (Students should be aware that AP credit may be awarded/counted differently by the transfer institution).
- 4.) A course completed at another California community college that is approved as part of an associate degree for transfer will be applied to the corresponding Santa Ana College Associate Degree for Transfer (ADT) in the corresponding SAC ADT area. Courses completed at other California community colleges must be part of the ADT at the time the student completed the course. Courses completed at other CCC's prior to ADT approval will be "grandfathered".