



**Career/Transfer Center
Associate in Arts for Transfer Degree
Kinesiology
2021-2022**

Kinesiology is the study of the art and science of human movement throughout our lifespan. Students will be introduced to the evidence-based research supporting the wellness effects of exercise in our communities, schools, workplace and clinical settings. Kinesiology provides areas of study in teaching (pedagogy), coaching, group fitness, personal training, health/fitness promotion, exercise physiology, biomechanics, motor learning and development, athletic training, sports management, dance, adapted physical education, sports psychology, sports nutrition, exercise equipment design/testing, wellness coaching, cardiac rehabilitation, gerokinesiology, as well as pre-professional training for physical therapy, medicine and research. Students completing the Associate in Arts in Kinesiology for Transfer degree will have satisfied the lower division major preparation at most CSUs in Kinesiology.

Academic Plan Code: V032854G

Degree Requirements: 60 CSU transferable units with a 2.0 GPA. Major courses must be passed with a minimum grade of “C” (or “P”). Completion of CSU GE or IGETC is required. *Complete additional CSU units, if needed, to reach 60 CSU transferable units.*

Required Core: (11 units)		C	IP	N
KIN MAJ 100	Introduction to Kinesiology (3)			
ANATOMY 001*	Introduction to Human Anatomy (4)			
PHYSIOL 001*	Introduction to Human Physiology (4)			

Movement-based Courses: Select one course from three of the following activity areas for a total of 3 units:		C	IP	N
Aquatics: (1 unit) KIN 301-1 (1), KIN 303-1 (1) Course used: _____				
Combatives: (1 unit) KIN 217-1 (1), KIN 315-1 (1) Course used: _____				
Dance: (1 unit) DNCESPC 171 (1), DANCETQ 111 (1), DANCETQ 121 (1), DANCETQ 141 (1) Course used: _____				
Fitness: (1 unit) KIN 251 (1), KIN 350-1(1), DANCETQ 221 (1) Course used: _____				
Individual Sports: (1 unit) KIN 364-1 (1), KIN 371-1 (1) Course used: _____				
Team Sports: (1 unit) KIN 287-1 (1), KIN 387-1 (1), KIN 389-1 (1), KIN 391-1 (1) Course used: _____				

List A: Select two courses from the following		C	IP	N
MATH 227* (4) OR STAT 101* (4), BIOLOGY 003 (4), CHEM 051* (5), PHYSICS 006* (4), KIN MAJ 101(3) Course Used: _____ Course Used: _____				

* This course has a prerequisite or corequisite.

General Education: Full completion of GE required*	C	IP	N
<input type="checkbox"/> CSU GE Breadth or <input type="checkbox"/> IGETC Note: In addition to major requirement, students need to select a General Education pattern. Major courses may be double counted towards general education.			

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C=completed IP=in progress N=need

*Follow **CSU General Education Certification (CSUGE)** if you are applying to the CSUs only.

OR

Follow **Intersegmental General Education Transfer Curriculum (IGETC)** if you are applying to UCs and CSUs.

**If you are applying to a private university, make an appointment with a counselor to discuss major/general education courses.

Why get an Associate Degree for Transfer?

This program guarantees that students who earn an AA-T or AS-T degree from a California Community College will be admitted to a California State University campus. The campus you will be admitted to depends on several factors, such as the location of your community college, the program of study that a student intends to follow, and a student's competitiveness for admission. This program also provides students with the necessary preparation to transfer to the CSU system and complete a baccalaureate degree.

Students with an AA-T or AS-T degree receive:

- Admission priority
- Guaranteed admission with junior status to the CSU system
- Complete a baccalaureate degree with only 60 additional semester units (or 90 quarter units) (in a degree program that has been considered similar)

Student Success Checklist

By the end of first semester or completion of <u>15 units</u>	Schedule an appointment with a counselor to create Comprehensive Student Education Plan Confirm your major or Career and Pathway by participating in career exploration activities Complete all units in good standing
By the end of second semester or completion of <u>30 units</u>	Complete transfer-level English and Math Attend college fairs and other transfer events Meet with a counselor to update your Student Education Plan and review progress
By the end of third semester or completion of <u>45 units</u>	Meet with a counselor for graduation/transfer check Apply to transfer to a 4-year university <u>one year</u> in advance Attend transfer workshops, and university representative visits
By the end of fourth semester or completion of <u>60 units</u>	Verify you have met all AD-T requirements Complete Pre-Graduation Evaluation with a counselor Check that you submitted all required documents for the CSU/UC application

[AD-T Frequently Asked Questions \(FAQs\)](#)