



Associate Degree for TransferSM

KINESIOLOGY FOR TRANSFER (AA-T)



The Associate in Arts in Kinesiology for Transfer degree is designed to prepare students for transfer to a California State University (CSU) by fulfilling lower-division requirements for the disciplines of Kinesiology, Exercise Science and Physical Education. This major provides preparation for careers in physical therapy, coaching, personal training, and other allied health professions by including classes oriented toward fitness, wellness, and health promotion throughout the lifespan.

The following is required for the AA-T in Kinesiology for Transfer degree:

1. Minimum of 60 semester or 90 quarter CSU-transferable units.
2. Minimum grade point average (GPA) of at least 2.0 in all CSU-transferable coursework.
3. Minimum of 18 semester or 27 quarter units in the major.
4. A grade of "C" or higher or "Pass" in all courses required for the major.
5. Certified completion of the California State University General Education (CSU GE) Breadth pattern **or** the Intersegmental General Education Transfer Curriculum (IGETC) pattern; see Degree Requirements and Transfer Information section for more information. Note: If following IGETC, IGETC-CSU must be followed for admission to a CSU.

Program Learning Outcomes

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

- List and define the five basic components of physical fitness.
- Describe the concepts of frequency, intensity, and time and how they relate to personal fitness goals.
- Outline a basic strategy for achieving fitness through the lifespan.
- List options within the community for continued lifelong physical activity.
- List benefits of daily physical activity.
- Demonstrate competence in acquiring sound nutritional information.
- Demonstrate improvement in sport skills.
- Outline appropriate goals and activities for increasing the fitness of children.
- Describe appropriate preventive measures as well as treatments for various sport injuries.
- List and describe opportunities for employment in the field.
- Describe their field of interest and a course of instruction that will meet their professional needs.

Associate in Arts Degree Requirements

Code	Title	Units
Core Curriculum		
BIO-140	Human Anatomy	4
BIO-141	Human Physiology	3
BIO-141L	Laboratory in Human Physiology	1
ES-250	Introduction to Kinesiology	3
Movement Based Courses		
Select one course from three different areas for a minimum of three units:		3-4
Combatives		
ES-180	Self Defense for Women	
Fitness		
ES-009A	Beginning Aerobic Dance Exercise	
ES-009B	Intermediate Aerobic Dance Exercise	
ES-014A	Beginning Body Building	
ES-014B	Intermediate Body Building	
ES-019A	Beginning Physical Fitness	
ES-019B	Intermediate Physical Fitness	
ES-024A	Beginning Fitness Boot Camp	
ES-024B	Intermediate Fitness Boot Camp	
ES-028A	Beginning Yoga	
ES-028B	Intermediate Yoga	
Individual Sports		
ES-060A	Beginning Badminton	
ES-060B	Intermediate Badminton	
ES-076A	Beginning Tennis	
ES-076B	Intermediate Tennis	
ES-125A	Beginning Golf	
ES-125B	Intermediate Golf	
Team Sports		
ES-155A	Beginning Basketball	
ES-155B	Intermediate Basketball	
ES-170A	Beginning Soccer	
ES-170B	Intermediate Soccer	
ES-175A	Beginning Volleyball	
ES-175B	Intermediate Volleyball	
List A		
CHEM-102	Introduction to General, Organic and Biological Chemistry	5
or CHEM-141	General Chemistry I	
MATH-160	Elementary Statistics	4
or PSY-215	Statistics for the Behavioral Sciences	
Units in the Major		23-24
11.5/10 units may be double-counted with GE		
Plus General Education Requirements (CSU GE or IGETC-CSU) (https://catalog.gccd.edu/cuyamaca/degree-requirements-transfer-information/) ¹		39/37
Total Transferable Elective Units		8.5-9.5/9-10
Total Units		60

Please note: SDSU accepts this degree for students transferring into Exercise Science Generalist.

¹ General Education Requirements (CSU GE or IGETC-CSU) (<https://catalog.gcccd.edu/cuyamaca/degree-requirements-transfer-information/>)