



Associate Degree for TransferSM

KINESIOLOGY FOR TRANSFER (AA-T)



The Associate in Arts in Kinesiology for Transfer (AA-T) degree is designed to facilitate transfer to a California State University in keeping with SB 1440. This degree reflects the Transfer Model Curriculum (TMC) supported by the Statewide Academic Senate. A total of 21-24.5 units are required to fulfill the major portion of this degree. Students must also complete the California State University (CSU) General Education Breadth requirements or the Intersegmental General Education Transfer Curriculum (IGETC) for CSU requirements (see the "General Education Requirements and Transfer Information" section of the catalog). Students planning to transfer to SDSU should consult with a counselor.

The following requirements must be met to be awarded an Associate in Arts in Kinesiology for Transfer (AA-T) degree:

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 Requirement.
 - 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. Students are also required to earn a "C" grade or higher or "Pass" in all courses required for the major.

The Department of Exercise Science and Wellness offers a solid academic foundation for further study in the fields of Exercise Science, Kinesiology and/or Physical Education. The primary emphasis of the Exercise Science and Wellness major program is to prepare students for successful transfer to baccalaureate (four-year) institutions as well as for entry-level jobs within the fitness industry. The course package for majors is modeled on the preparation for major at the California State University Institutions and allows for an emphasis either in Fitness, Nutrition and Health. The package may also satisfy many requirements for most other California State University institutions as well, but students should check the catalog of the school being considered for its specific requirements.

Program-level Student Learning Outcomes (PSLOs) below are outcomes that students will achieve after completing specific degree/certificate requirements in this program. Students will:

1. Demonstrate knowledge, skills and appreciation of Exercise Science principles.

2. Identify the basic principles for maintaining an active and healthy lifestyle.

Associate Degree Major Requirements

Note: All courses in the major must be completed with a letter grade of "C" or higher.

Code	Title	Units
Required Core		
ES-250	Introduction to Kinesiology	3
BIO-140	Human Anatomy	4
BIO-141	Human Physiology	3
BIO-141L	Laboratory in Human Physiology	1
Select a maximum of one (1) course from any three (3) of the following areas for a minimum of three (3) units:		3-4.5
Area 1: Aquatics		
ES-043A	Beginning Swimming	
or ES-043B	Intermediate Swimming	
or ES-043C	Advanced Swimming	
ES-044A	Beginning Lap Swimming for Health and Fitness	
or ES-044B	Intermediate Lap Swimming for Health and Fitness	
or ES-044C	Advanced Lap Swimming for Health and Fitness	
Area 2: Combatives		
ES-185A	Beginning Fencing	
or ES-185B	Intermediate Fencing	
or ES-185C	Advanced Fencing	
Area 3: Dance		
DANC-082A	Social and Ballroom Dance I	
or DANC-082B	Social and Ballroom Dance II	
Area 4: Fitness		
ES-005A	Beginning Cardio Fitness and Resistance Training	
or ES-005B	Intermediate Cardio Fitness and Resistance Training	
ES-006A	Beginning Fitness Circuit	
or ES-006B	Intermediate Fitness Circuit	
ES-009A	Beginning Aerobic Dance Exercise	
or ES-009B	Intermediate Aerobic Dance Exercise	
ES-023A	Beginning Resistance Training	
or ES-023B	Intermediate Resistance Training	
Area 5: Individual Sports		
ES-060A	Beginning Badminton	
or ES-060B	Intermediate Badminton	
or ES-060C	Advanced Badminton	
ES-076A	Beginning Tennis	
or ES-076B	Intermediate Tennis	
or ES-076C	Advanced Tennis	
ES-125A	Beginning Golf	
or ES-125B	Intermediate Golf	
or ES-125C	Advanced Golf	
ES-130A	Beginning Gymnastics	
or ES-130B	Intermediate Gymnastics	
or ES-130C	Advanced Gymnastics	

Area 6: Team Sports

ES-155A Beginning Basketball
 or ES-155B Intermediate Basketball
 or ES-155C Advanced Basketball

ES-170A Beginning Soccer
 or ES-170B Intermediate Soccer
 or ES-170C Advanced Soccer

ES-171A Beginning Softball
 or ES-171B Intermediate Softball
 or ES-171C Advanced Softball

ES-172A Beginning Baseball
 or ES-172B Intermediate Baseball
 or ES-172C Advanced Baseball

ES-175A Beginning Volleyball
 or ES-175B Intermediate Volleyball
 or ES-175C Advanced Volleyball

List A

Select two of the following: 7-9

MATH-160 Elementary Statistics
 or ANTH-215 Statistics for the Behavioral Sciences
 or PSY-215 Statistics for the Behavioral Sciences
 or SOC-215 Statistics for the Behavioral Sciences

BIO-118 Introduction to Human Biology

CHEM-102 Introduction to General, Organic and
 Biological Chemistry
 or CHEM-141 General Chemistry I

Units for the major 21-24.5

Plus General Education Requirements (CSU GE or IGETC) ([https:// catalog.gcccd.edu/grossmont/admission-information/general-education-transfer/](https://catalog.gcccd.edu/grossmont/admission-information/general-education-transfer/)) 37-39

Total Units 60

Complete transferable units as needed to reach 60.

Students completing IGETC may be awarded the degree, but they must complete a course from Area 1C: Oral Communication to meet CSU admission requirements.