

KINESIOLOGY (AA-T DEGREE A0454)

Kinesiology, Athletics and Dance Division Degree A0454

Associate in Arts in Kinesiology for Transfer degree is designed to prepare students for transfer into the CSU system to complete a baccalaureate degree in kinesiology, exercise science, pre-physical therapy, athletic training, and other related health professions. This degree provides guaranteed admission with junior status to the CSU system. Upon completion of the Associate in Arts in Kinesiology for Transfer degree, students will attain a scientific foundation of Kinesiology as well as a movement-based competency that prepares them in pursuing a bachelor's or master's degree and/or professional certification in sports medicine, exercise science, sports management, athletic training, physical therapy, nutrition, health promotion, and coaching or related fields.

To earn an Associate in Arts in Kinesiology for Transfer, students must complete 60 semester units that are eligible for transfer to the CSU that consist of IGETC pattern of CSU GE breadth and a major of at least 18 units. Students must have a minimum GPA of 2.0 in all CSU-transferable coursework to receive an associate degree for transfer and all courses in the major must be completed with a C or better. Students earning an associate degree of transfer will not be required to complete any other local graduation requirements.

Required Courses

| Course Prefix | Course Name | Units |
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| Core Courses | | 14 |
| ANAT 10A | Introductory Human Anatomy | |
| ANAT 10B | Introductory Human Physiology | |
| KIN 17 | Introduction to Kinesiology | |
| Movement Based Course List - Select one (1) course from three (3) separate areas for a total of three (3) units: | | |
| Aquatics | | |
| KINA 8A | Swimming - Beginning | |
| KINA 8B | Swimming - Intermediate | |
| KINA 14 | Water Polo | |
| KINA 20 | Aquatic Fitness | |
| Combatives | | |
| KINI 25 | Mixed Martial Arts | |
| KINI 27A | Jeet Kune Do - Beginning | |
| KINI 27B | Jeet Kune Do - Intermediate | |
| KINI 29 | Self Defense and Martial Arts | |
| KINI 30A | Filipino Martial Arts - Beginning | |
| KINI 30B | Filipino Martial Arts - Intermediate | |
| KINI 31A | Jiujitsu - Beginning | |
| KINI 31B | Jiujitsu - Intermediate | |
| KINI 34 | Women's Self Defense | |
| KINI 37A | Tai Chi Chuan - Beginning | |
| KINI 37B | Tai Chi Chuan - Intermediate | |
| KINI 33A | Kickboxing Beginning | |
| KINI 33B | Kickboxing Intermediate | |
| Dance | | |
| DNCE 1 | Ballet Fundamentals | |
| DNCE 2A | Ballet I | |
| DNCE 2B | Ballet II | |

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| DNCE 8 | Latin Dance I |
| DNCE 10 | Modern Fundamentals |
| DNCE 11A | Social Dance Forms I |
| DNCE 11B | Social Dance Forms II |
| DNCE 12A | Modern I |
| DNCE 12B | Modern II |
| DNCE 14A | Jazz I |
| DNCE 14B | Jazz II |
| DNCE 17 | Jazz Fundamentals |
| DNCE 18A | Tap I |
| DNCE 18B | Tap II |
| DNCE 28 | Theater Dance I |
| DNCE 29 | Theater Dance II |
| DNCE 31 | Classical Dance |
| DNCE 32 | Commercial Dance |
| DNCE 36 | Commercial Dance II |
| DNCE 39 | Pilates Fundamentals |
| DNCE 41 | Pilates I |
| DNCE 42 | Pilates II |
| Fitness | |
| KINF 10A | Weight Training - Beginning |
| KINF 10B | Weight Training - Intermediate |
| KINF 19 | Strength Training |
| KINF 25 | Core Performance and Foundation Movement |
| KINF 34A | Cardiorespiratory Training Beginning |
| KINF 34B | Cardiorespiratory Training Intermediate |
| KINF 36A | Circuit Training Beginning |
| KINF 36B | Circuit Training Intermediate |
| KINF 38A | Group Exercise Training - Beginner |
| KINF 38B | Group Exercise Training - Intermediate |
| Individual Sports | |
| KINI 4A | Badminton - Beginning |
| KINI 4B | Badminton - Intermediate |
| KINI 18A | Golf - Beginning |
| KINI 18B | Golf - Intermediate |
| KINI 40A | Tennis - Beginning |
| KINI 40B | Tennis - Intermediate |
| KINI 40C | Tennis - Advanced |
| KINI 50A | Yoga |
| Team Sports | |
| KINS 2A | Basketball Beginning |
| KINS 2B | Basketball Intermediate |
| KINS 10A | Beginning Soccer |
| KINS 10B | Soccer Intermediate |
| KINS 16A | Co-Ed Slow Pitch Softball |
| KINS 24A | Volleyball - Beginning |
| KINS 24B | Volleyball - Intermediate |
| KINS 24C | Volleyball - Advanced |
| Required Electives 6 | |
| Select two (6 units minimum) | |
| BIOL 1 | General Biology |
| or BIOL 4 | Biology for Majors |
| or BIOL 4H | Biology for Majors - Honors |
| CHEM 50 | General Chemistry I |
| or CHEM 50H | General Chemistry I - Honors |
| KIN 3 | First Aid and CPR |
| MATH 110 | Elementary Statistics |

or MATH 110H Elementary Statistics - Honors

PHYS 2AG General Physics

or PHYS 4A Engineering Physics

Total Units

20

Program Learning Outcomes

Review Student Learning Outcomes (SLOs) (<http://www.mtsac.edu/instruction/outcomes/sloinfo.html>) for this program.