

# KINESIOLOGY



## Associate Degree for Transfer

*A Degree with a Guarantee.*<sup>SM</sup>

### Student Transfer Achievement Reform (STAR) Act (SB1440)

#### Associate in Arts

#### Transfer Preparation\* (Major Code: 01365)

The Kinesiology Program offers a wide range of possibilities for the student who wants to pursue a degree in the interdisciplinary approach to the study of human movement, athletic training, physical education, pre-physical therapy, human anatomy, human physiology, and the social and psychological aspects of exercise, fitness and sport.

Provides exploration of career opportunities in areas of sport, movement, exercise and fitness, including teaching, coaching, and fitness professions.

### Program Student Learning Outcome

- Student will be able to analyze data from clients in regards to strength, flexibility, cardio-respiratory endurance, and body composition in order to create an individual fitness program.

#### The following is required for all AA-T or AS-T degrees:

- Completion of minimum 60 semester or 90 quarter units of transferable degree applicable courses.
- Minimum overall grade point average (GPA) of at least 2.0 in all CSU transferable coursework.
- Minimum 18 semester or 27 quarter units in major or area of emphasis with a minimum grade of "C" (or "Pass") for each course in the major.
- Completion of the California State University General Education (CSU GE) Breadth pattern or the Intersegmental General Education Transfer Curriculum (IGETC) pattern. For more information, refer to the catalog section, "Certificate of Achievement (<http://catalog.swccd.edu/certificates-certifications-degrees-csuuc-requirements/certificates/certificate-achievement/>)" under Graduation, Certificates, and Degree Requirements.

Code	Title	Units
<b>Required Core</b>		
ES/T 202	INTRODUCTION TO KINESIOLOGY	3
BIOL 260	HUMAN ANATOMY	4
BIOL 261	PRINCIPLES OF HUMAN PHYSIOLOGY	4
<b>Movement-Based Courses</b> <sup>1</sup>		
Select one course maximum from three of the following areas (I. Aquatics, II. Combatives, III. Dance, IV. Fitness, V. Individual Sports, VI. Team Sports)		3-7
<b>I. Aquatics</b>		
ES/A 112	STAND UP PADDLING - BEGINNER	
ES/S 121	ADAPTED AQUATIC FITNESS	
ES/A 155	SWIMMING I	

ES/A 223	BEGINNING SAILING
ES/A 227	AQUATIC EXERCISE I
ES/A 238	BEGINNING SURFING
ES/A 260	WATER POLO I

#### II. Combatives

ES/A 257	TAEKWONDO I
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#### III. Dance

DANC 109	MODERN DANCE I
DANC 113	BALLET I
DANC 117	JAZZ DANCE I
DANC 137	AMERICAN BALLROOM AND SOCIAL DANCE I
DANC 141	LATIN DANCE I
DANC 145	AFRICAN DANCE I
DANC 149	CONDITIONING FOR DANCERS
DANC 150	TAP I
DANC 160	LYRICAL VARIATIONS I
DANC 170	HIP HOP I
DANC 181	MUSICAL THEATRE DANCE I
DANC 190	BALLET FOLKLORICO I
DANC 195	BALLET POINTE AND PARTNERING I

#### IV. Fitness

ES/A 101	BODY SCULPT I
ES/A 105	BEGINNING RUNNING FOR CARDIOVASCULAR FITNESS
ES/S 106	ADAPTED FLEXIBILITY FITNESS
ES/A 110A	ATHLETIC STRENGTH AND POWER INTRODUCTION
ES/S 113	ADAPTED PERSONALIZED FITNESS
ES/A 121	BEGINNING CROSS TRAINING FITNESS
ES/A 125	BEGINNING CARDIO-FITNESS
ES/A 131	FLEXIBILITY FITNESS I
ES/A 186	FITNESS EDUCATION CENTER: FOUNDATIONAL FITNESS TRAINING I
ES/A 190	INTRODUCTORY WEIGHT TRAINING AND PHYSICAL FITNESS
ES/A 203	BEGINNING FITNESS WALKING
ES/A 264	BEGINNING YOGA
ES/A 280	BEGINNING HIKING FOR FITNESS

#### V. Individual Sports

ES/A 135	BOWLING - BEGINNING
ES/A 143	BADMINTON I
ES/A 147	GOLF I

#### VI. Team Sports

ES/I 102	INTERCOLLEGIATE BASEBALL I
ES/I 106	INTERCOLLEGIATE BASKETBALL I
ES/I 111	INTERCOLLEGIATE CROSS COUNTRY I
ES/I 117	INTERCOLLEGIATE SOCCER I
ES/I 123	INTERCOLLEGIATE TENNIS I
ES/I 126	INTERCOLLEGIATE TRACK AND FIELD I
ES/I 129	INTERCOLLEGIATE VOLLEYBALL I
ES/I 132	INTERCOLLEGIATE SOFTBALL I

ES/I 138	INTERCOLLEGIATE SWIMMING AND DIVING I
ES/A 151	BEGINNING TENNIS I
ES/A 162	BEGINNING BASKETBALL
ES/A 167	BEGINNING VOLLEYBALL
ES/A 170	SAND VOLLEYBALL I
ES/A 178A	SOCCER I
ES/A 182	SOFTBALL I

**List A**

Select two courses		6-8
CHEM 100	INTRODUCTION TO GENERAL CHEMISTRY	
or CHEM 170	PREPARATION FOR GENERAL CHEMISTRY	
HLTH 110	FIRST RESPONDER	
MATH 119	ELEMENTARY STATISTICS	
or PSYC/SOC 270	STATISTICS FOR THE BEHAVIORAL SCIENCES	
BIOL 100 & BIOL 101	PRINCIPLES OF BIOLOGY and PRINCIPLES OF BIOLOGY LABORATORY	
PHYS 270 & PHYS 271	PRINCIPLES OF PHYSICS I and PRINCIPLES OF PHYSICS LABORATORY I	

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**Total Units** **20-26**

<sup>1</sup> Movement-Based Courses that vary in units must be taken at 1 unit minimum.

\* Students planning to transfer to a four-year college or university should complete courses specific to the transfer institution of choice. University requirements vary from institution to institution and are subject to change. Therefore, it is important to verify transfer major preparation and general education requirements through consultation with a counselor in either the Counseling Center or Career and Transfer Connections. See catalog Transfer Courses Information (<http://catalog.swccd.edu/student-success-support-program/student-services-and-college-services/other-services/transfer-courses/>) section for further information.