

# KINESIOLOGY ASSOCIATE IN ARTS DEGREE FOR TRANSFER (AA-T)

Division: Kinesiology

PROGRAM CODE: 1A32135

Financial Aid Eligible

The **Kinesiology Associate in Arts Degree for Transfer** is designed to provide an opportunity for the Kinesiology major to achieve a Kinesiology Associate in Arts for Transfer (AA-T in Kinesiology) which completes the first and second year requirements for transfer to a four-year public California institution. While at least a baccalaureate degree is recommended preparation for those considering professional careers, completion of this curriculum will demonstrate commitment to the field and provide comprehensive preparation for further academic study through upper-division course work. This curriculum specifically prepares the prospective transfer student for upper division coursework in Kinesiology or a similar major at a California State University (CSU) campus. Students should consult a counselor, the Transfer Center and the catalog of the transfer college or university to plan a specific program of study to meet the college or university's requirements. Note: Courses that fulfill major requirements for an Associate Degree for Transfer at Cypress College might not be the same as those required for completing the major at all transfer institutions offering a Baccalaureate Degree. The Student Transfer Achievement Reform Act (Senate Bill 1440, now codified in California Education Code sections 66746-66749) guarantees admission to a California State University (CSU) campus for any community college student who completes an "associate degree for transfer", a newly established variation of the associate degrees traditionally offered at a California community college. The AS-T is intended for students who plan to complete a bachelor's degree in a similar major at a CSU campus. Students completing these degrees (AA-T) are guaranteed admission to the CSU system, but not to a particular campus or major. Students transferring to a CSU campus that does accept the AA-T will be required to complete no more than 60 units after transfer to earn a bachelor's degree (unless the major is designated "high-unit" major). This degree may not be the best option for students intending to transfer to a particular CSU campus or to a university or college that is not part of the CSU system. Students should consult with a counselor when planning to complete the degree for more information on university admission and transfer requirements. Students with a degree in Kinesiology may pursue careers in a variety of health science professions including physical training, physical therapy, fitness instruction, coaching and athletics. The completion of this curriculum will demonstrate commitment to the field and provide comprehensive preparation for upper-division work. To earn an AA-T in Kinesiology students must complete the following requirements: (1) a minimum of 21-23 semester units or 31.5-34.5 quarter units in the major or area of emphasis as determined by the community college district, (2) earn a grade of C or better in all courses required for the major or area of emphasis, . A P(Pass) grade is an acceptable grade for a course in the major only if the P is defined to be equivalent to a C or better (3) the California State University General Education Breadth requirements (CSU GE-Breadth) or the Intersegmental General Education Transfer Curriculum (IGETC) pattern, (4) 60 semester or 90 quarter CSU-transferable units, and (5) obtainment of a minimum grade point average (GPA) of 2.0. This degree requires a total of 21-23 units, in addition to other graduation requirements.

Code	Title	Units
<b>Required Core Courses (11 units):</b>		
KIN 230 C	Introduction to Kinesiology (formerly PE 252 C)	3
BIOL 231 C	General Human Anatomy	4
BIOL 241 C	General Human Physiology	4
<b>Movement-Based Courses - Select one course from three of the following areas (3 units):</b>		<b>3</b>
<b>Aquatics</b>		
KIN 110 C	Surfing (formerly PE 122 C)	0.5-1
KIN 111 C	Swimming (formerly PE 134 C)	0.5-1
KIN 112 C	Swimming-Intermediate-Advanced	0.5-1
KIN 114 C	Springboard Diving (formerly PE 136 C)	0.5-1
KIN 115 C	Springboard Diving - Intermediate - Advanced	0.5-1
KIN 116 C	Swim for Fitness (formerly PE 149 C)	0.5-1
KIN 117 C	Water Aerobics (formerly PE 151 C)	0.5-1
<b>Combatives</b>		
KIN 120 C	Kick-Boxing (formerly PE 163 C)	0.5-1
KIN 121 C	Self-Defense (formerly PE 170 C)	0.5-1
<b>Fitness</b>		
KIN 128 C	Yoga-Intermediate	0.5-1
KIN 129 C	Vinyasa Yoga	0.5-1
KIN 130 C	Yoga (formerly PE 102 C)	0.5-1
KIN 131 C	Restorative and Gentle Yoga	0.5-1
KIN 132 C	Hatha Yoga	0.5-1
KIN 133 C	Cardiovascular Conditioning (formerly PE 114 C)	0.5-1
KIN 134AC	Walking for Fitness - Beginning (formerly KIN 134 C)	0.5-1
KIN 134BC	Walking for Fitness - Intermediate	0.5-1
KIN 135 C	Cardio Step (formerly PE 129 C)	0.5-1
KIN 136 C	Cardio Step - Intermediate (formerly Step Aerobics - Intermediate)	0.5-1
KIN 137 C	Mountaineering and Rock Climbing (formerly PE 142 C)	0.5-1
KIN 138 C	Body Sculpt (formerly PE 148 C)	0.5-1
KIN 139 C	Cardio Blast (formerly PE 150 C)	0.5-1
KIN 140 C	Fitness Training (formerly PE 152 C)	0.5-1
KIN 142 C	Power Training (formerly PE 156 C)	0.5-1
KIN 143 C	Strength Training (formerly PE 159 C)	0.5-1
KIN 144 C	Boot Camp Workout - Intermediate (formerly HIIT - High Intensity Interval Training)	0.5-1
KIN 145 C	Boot Camp Workout (formerly PE 168 C)	0.5-1
KIN 146 C	Cardio Core (formerly PE 178 C)	0.5-1
KIN 147 C	Body Building and Development (formerly PE 182 C)	0.5-1
KIN 148 C	Total Body Fitness (formerly PE 187 C)	0.5-1
KIN 149 C	Weight Training and Lifting (formerly PE 193 C)	0.5-1
KIN 150AC	Trail Hiking - Beginning	0.5-1
KIN 151 C	Spinning-Beginning	0.5-1
KIN 152 C	Spinning - Intermediate	0.5-1

KIN 198 C	Athletic Weight Training (formerly PE 104 C)	0.5-3
KIN 199 C	Conditioning for Athletes (formerly PE 162 C)	0.5-3
<b>Individual Sports</b>		
KIN 160 C	Badminton - Beginning (formerly PE 105 C Badminton)	0.5-1
KIN 163 C	Table Tennis (formerly PE 107 C)	0.5-1
KIN 164 C	Bowling - Beginning (former PE 108 C)	0.5-1
KIN 165 C	Bowling - Intermediate	0.5-1
KIN 166 C	Bowling - Advanced	0.5-1
KIN 167 C	Gymnastics-Tumbling (formerly PE 119 C)	0.5-1
KIN 168 C	Tennis - Beginning (formerly PE 139 C)	0.5-1
KIN 169 C	Tennis - Intermediate (formerly PE 141 C)	0.5-1
KIN 170 C	Tennis - Advanced	0.5-1
KIN 171 C	Golf - Beginning (formerly PE 115 C)	0.5-1
KIN 172 C	Golf - Intermediate (formerly PE 157 C)	0.5-1
KIN 173 C	Golf - Advanced	0.5-1
KIN 174 C	Pickleball - Beginning	0.5-1
KIN 175 C	Pickleball - Intermediate	0.5-1
<b>Team Sports</b>		
KIN 180 C	Futsal - Beginning (formerly PE 109 C)	0.5-1
KIN 181 C	Futsal - Intermediate	0.5-1
KIN 182 C	Futsal - Advanced	0.5-1
KIN 183 C	Volleyball - Beginning (formerly PE 144 C)	0.5-1
KIN 184 C	Volleyball - Intermediate (formerly PE 145 C)	0.5-1
KIN 185 C	Volleyball - Advanced	0.5-1
KIN 186 C	Beach Volleyball - Beginning (formerly PE 126 C)	0.5-1
KIN 187 C	Beach Volleyball - Intermediate (formerly PE 128 C)	0.5-1
KIN 188 C	Beach Volleyball - Advanced	0.5-1
KIN 189 C	Basketball - Beginning (formerly PE 181 C)	0.5-1
KIN 190 C	Basketball - Intermediate (formerly PE 160 C)	0.5-1
KIN 191 C	Basketball - Advanced	0.5-1
KIN 192 C	Water Polo (formerly PE 146 C)	0.5-1
KIN 193AC	Soccer - Beginning (formerly KIN 193 C)	0.5-1
KIN 193BC	Soccer - Intermediate	0.5-1
KIN 194 C	Softball (formerly PE 172 C)	0.5-1
KIN 195AC	Baseball - Beginning (formerly KIN 195 C)	0.5-1
KIN 195BC	Baseball - Intermediate	0.5-1
KIN 197 C	Flag Football (formerly PE 197 C)	0.5-1
<b>List A: Select two courses (6-9 units) from the following:</b>		<b>7-9</b>
MATH 120 C	Intro Probability Statistics	4
or PSY 161 C	Probability & Stats-Social Sci	
or PSY 161HC	Honors Prob Stats-Soc Sci	
or SOC 161 C	Probability & Stats-Social Sci	
or SOC 161HC	Honors Prob & Stats-Soc Sci	
KIN 235 C	First Aid, CPR and Emergencies (formerly PE 235 C)	3

PHS 284 C	Contemporary Personal Health	3
<b>Total Units</b>		<b>21-23</b>

[https://www.curricunet.com/Cypress/reports/program\\_report.cfm?programs\\_id=1311](https://www.curricunet.com/Cypress/reports/program_report.cfm?programs_id=1311)

#### Program Student Learning Outcomes:

**OUTCOME 1:** Acquire knowledge, skills, and competencies in the field of kinesiology, including demonstrating human movement science, functional anatomy and physiology, and related kinesiology skills, necessary for transfer to a 4-year institution.

[https://www.curricunet.com/Cypress/reports/program\\_report.cfm?programs\\_id=1600](https://www.curricunet.com/Cypress/reports/program_report.cfm?programs_id=1600)