

Kinesiology FITNS, KINES, PACT, SPORT, TMACT

Degrees:

A.A. – Kinesiology — Exercise Science
AA-T – Kinesiology for Transfer

Division of Kinesiology, Health, and Athletics
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Certificate of Achievement:

Athletic Coaching Certification
Fitness Instructor Certification

FITNS – Fitness

KINES – Kinesiology

PACT – Personal Activity

SPORT – Sports

TMACT – Team Activities

Correction to Required Program



Associate Degree
for Transfer
A Degree with a Guarantee.

Kinesiology

Associate in Arts for Transfer

Program Information

This Kinesiology program is designed to provide an opportunity for students to complete the lower division coursework required for four-year programs in at least one kinesiology/physical education degree option. This program is for students who plan to transfer to a California State University (CSU). Completion of the CSU General-Breadth or IGETC general education pattern is required. It is highly recommended that students meet with a counselor because the degree options and general education requirements vary for each college/university.

The Associate Degree for Transfer (ADT) student completion requirements (as stated in SB1440 law):

- (1) Completion of a minimum 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 California State University General Education-Breadth Requirements or the Intersegmental General Education Transfer Curriculum (IGETC).
 - (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.
ADTs also require that students must earn a "C" or better in all courses required for the major or area of emphasis.

Career Opportunities

The Kinesiology degree is designed to facilitate students' successful transfer to the baccalaureate programs. Baccalaureate programs may include, but are not limited to, exercise science, health promotion, physical education, therapeutic exercise and rehabilitation, and exercise and movement science. The Associate in Arts in Kinesiology can provide a foundation for students interested in working in these careers or careers in related fields.

Upon completion of this program, the student will be able to:

- identify and apply standards required by the profession of choice.
- demonstrate and articulate a statement of values or code of ethics related to the major that reflects his or her respect for different ideas, peoples, and cultures.
- develop an understanding of the uses of technology in kinesiology, physical education, and sports analysis, research, and results.
- demonstrate continued personal and professional development by reviewing current literature, participating in associations, or sharing knowledge and experience with others.
- demonstrate an understanding of human development, both normal and abnormal, and the implications for program design.
- demonstrate an understanding of the basic structure of the human body and how its various systems respond.
- apply knowledge of the human body to develop appropriate fitness programs and fitness assessments to evaluate and analyze program and student success.

Required Program **Units**

KINES 300 Introduction to Kinesiology.....	3
BIOL 430 Anatomy and Physiology.....	5
BIOL 431 Anatomy and Physiology.....	5

A minimum of 3 units from the following:..... 3
 Select one course maximum from three of the following areas.

Aquatics:

- FITNS 310 Aquatic Fitness I (1)
- or FITNS 312 Aquatic Fitness (1)
- or FITNS 440 Swimming I (1)
- or FITNS 441 Swimming II (1)
- or FITNS 442 Swimming III (1)
- or FITNS 443 Swimming IV (1)
- or FITNS 444 Swimming V (1)

Fitness:

- FITNS 306 Aerobics: Cardio-Kickboxing (1)
- or FITNS 307 Aerobic Mix (1)
- or FITNS 308 Step Aerobics (1)
- or FITNS 321 Core Conditioning (1)
- or FITNS 324 Mat Pilates (1)
- or FITNS 326 Mat Pilates II (1)
- or FITNS 331 Boot Camp Fitness (1)
- or FITNS 336 Plyometrics: Advanced Conditioning (1)
- or FITNS 343 Spin Bike (1)
- or FITNS 344 Dynamic Fitness Training I (1)
- or FITNS 356 Trim and Tone Conditioning (0.5 - 1)
- or FITNS 381 Weight Training (1)
- or FITNS 383 Olympic and Power Weight Lifting (1)
- or FITNS 390 Basic Yoga (1)
- or FITNS 401 Walking (0.5 - 1)
- or FITNS 402 Running for Fitness (0.5 - 1)
- or FITNS 412 Martial Arts: Taekwondo (1)

Individual Sports:

- PACT 330 Boxing (1)
- or PACT 340 Fencing (1)
- or PACT 350 Golf I (1)
- or PACT 351 Golf II (1)
- or PACT 410 Wrestling (1)
- or PACT 390 Tennis I (1)
- or PACT 391 Tennis II (1)

Team Sports:

- TMACT 300 Soccer, Indoor (1)
- or TMACT 301 Indoor Soccer II (1)
- or TMACT 302 Soccer - Outdoor (1)
- or TMACT 303 Outdoor Soccer II (1)
- or TMACT 304 Outdoor Soccer III (1)
- or TMACT 320 Basketball (1)
- or TMACT 321 Basketball II (1)
- or TMACT 322 Basketball III (1)
- or TMACT 330 Volleyball (1)
- or TMACT 331 Volleyball II (1)
- or TMACT 333 Volleyball III (1)
- or TMACT 340 Football (1)
- or TMACT 370 Water Polo (1)

A minimum of 4 units from the following:..... 4
 BIOL 308 Contemporary Biology (3)
 and BIOL 309 Contemporary Biology Laboratory (1)
 PHYS 350 General Physics (4)
 STAT 300 Introduction to Probability and Statistics (4)
 or STAT 480 Introduction to Probability and Statistics - Honors (4)

A minimum of 5 units from the following:..... 5
 CHEM 305 Introduction to Chemistry (5)
 CHEM 309 Integrated General, Organic, and Biological Chemistry (5)
 CHEM 400 General Chemistry I (5)

Associate in Arts for Transfer Degree

The Associate in Arts in Kinesiology for Transfer (AA-T) degree may be obtained by completion of 60 transferable, semester units with a minimum 2.0 GPA, including (a) the major or area of emphasis described in the Required Program, and (b) either the Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education-Breadth Requirements.