

# 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 transferable coursework, including a minimum "C" grade (or "Pass") required in each course for Cal-GETC.
- 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 General Education Transfer Curriculum (Cal-GETC) pattern.

SDSU Note: San Diego State University (SDSU) accepts this ADT for transferring into the Kinesiology (Exercise Science Generalist) BS major. Check SDSU Transfer Pathways (<https://admissions.sdsu.edu/transfers/transfer-pathways/>) and consult with an academic counselor.

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<sup>1</sup></b>		
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

### 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
STAT C1000	INTRODUCTION TO STATISTICS
or PSYC/SOC 270	STATISTICS FOR THE BEHAVIORAL SCIENCES
PHYS 150 & PHYS 151	FUNDAMENTALS OF PHYSICS I and FUNDAMENTALS OF PHYSICS LABORATORY I
<b>Total Units</b>	<b>20-26</b>

<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.