

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
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
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	Aerobics - Beginning
KINF 38B	Aerobics - 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.