I. KINESIOLOGY FOR TRANSFER (AA-T)
The Associate in Arts in Kinesiology for Transfer degree is designed to prepare students for transfer to a California State University (CSU) by fulfilling lower-division requirements for the disciplines of Kinesiology, Exercise Science and Physical Education. This major provides preparation for careers in physical therapy, coaching, personal training, and other allied health professions by including classes oriented toward fitness, wellness, and health promotion throughout the lifespan.

The following is required for the AA-T in Kinesiology for Transfer degree:
1. Minimum of 60 semester or 90 quarter CSU-transferable units.
2. Minimum grade point average (GPA) of at least 2.0 in all CSU-transferable coursework.
3. Minimum of 18 semester or 27 quarter units in the major.
4. A grade of “C” or better in all courses required for the major.
5. Certification of the California State University General Education (CSU GE) Breadth pattern OR the Intersegmental General Education Transfer Curriculum (IGETC) pattern; see Degree Requirements and Transfer Information section for more information. Note: If following IGETC, IGEC-CSU must be followed for admission to a CSU.

Program Learning Outcomes
Upon successful completion of this program, students will be able to:
- List and define the five basic components of physical fitness.
- Describe the concepts of frequency, intensity, and time and how they relate to personal fitness goals.
- Outline a basic strategy for achieving fitness through the lifespan.
- List options within the community for continued lifelong physical activity.
- List benefits of daily physical activity.
- Demonstrate competence in acquiring sound nutritional information.
- Demonstrate improvement in sport skills.
- Outline appropriate goals and activities for increasing the fitness of children.
- Describe appropriate preventive measures as well as treatments for various sport injuries.
- List and describe opportunities for employment in the field.
- Describe their field of interest and a course of instruction that will meet their professional needs.

II. EXERCISE SCIENCE
This degree program is designed to prepare students for a variety of careers including education, physical therapy, coaching, personal training and other allied health professions by providing classes oriented toward fitness, wellness and health promotion throughout the lifespan. The major also provides preparation for transfer to a four-year college in physical education, exercise physiology, kinesiology, nutrition or athletic training, as well as teacher credentialing programs.

Program Learning Outcomes
Upon successful completion of this program, students will be able to:
- List and define the five basic components of physical fitness.
- Describe the concepts of frequency, intensity and time, and how they relate to personal fitness goals.
- Outline a basic strategy for achieving fitness through the lifespan.
- List options within the community for continued lifelong physical activity.
- List benefits of daily physical activity.
- Demonstrate competence in acquiring sound nutritional information.
- Demonstrate improvement in sport skills.
- Outline appropriate goals and activities for increasing the fitness of children.
- Describe appropriate preventive measures as well as treatments for various sport injuries.
- List and describe opportunities for employment in the field.
- Describe their field of interest and a course of instruction that will meet their professional needs.

Associate in Arts Degree Requirements:
- Core Curriculum:
  - Course Title Units
  - BIO 140 Human Anatomy 5
  - BIO 141 Human Physiology 3
  - BIO 141L Laboratory in Human Physiology 1
  - ES 250 Introduction to Kinesiology 3
  - Movement Based Courses: Select one course from three different areas for a minimum of three units:
  - Combatives:
    - ES 180 Self Defense for Women 1
    - ES 161ABC Karate I-IV 1.5
  - Fitness:
    - ES 009ABC Beginning, Intermediate, Advanced Aerobic Dance Exercise 1
    - ES 014ABC Beginning, Intermediate, Advanced Body Building 1.5
  - Individual Sports:
    - ES 060ABC Beginning, Intermediate, Advanced Badminton 1
    - ES 076ABC Beginning, Intermediate, Advanced Tennis 1
  - Team Sports:
    - ES 155ABC Beginning, Intermediate, Advanced Basketball 1
    - ES 170ABC Beginning, Intermediate, Advanced Soccer 1
    - ES 171ABC Beginning, Intermediate, Advanced Softball 1
    - ES 175ABC Beginning, Intermediate, Advanced Volleyball 1
  - Total Units for Degree 60

List A:
- CHEM 102 Introduction to General, Organic and Biological Chemistry 5
- MATH 160 Elementary Statistics 4
  - Total Units for Major (10-11.5 units may be double-counted with GE) 24-25.5
  - Total Units for CSU GE or IGETC-CSU 37-39
  - Total Transferable Elective Units 5.5-9
  - Total Units for Degree 60

Please note: SDSU accepts this degree for students transferring into Exercise Science Generalist.

Associate in Science Degree Requirements:
- Course Title Units
  - BIO 130 General Biology I 3
  - BIO 131 General Biology I Laboratory 1
  - BIO 140 Human Anatomy 5
  - CHEM 115 Fundamentals of Chemistry 4
  - COMM 122 Public Speaking 3
  - ES 014ABC Body Building 1.5
  - ES 250 Introduction to Kinesiology 3
  - ES 255 Care and Prevention of Athletic Injuries 3
  - HED 158 Nutrition for Fitness and Sports 3
  - HED 255* Science of Nutrition 3
  - PSY 120 Introductory Psychology 3
  - SOC 120 Introductory Sociology 3

Select one of the following:
- BIO 215 Statistics for Life Sciences 3
  - MATH 160 Elementary Statistics 4
  - PSY 251 Statistics for the Behavioral Sciences 4
  - Total Required 37.5-39.5

Select two of the following (fulfills the activity requirement for the associate degree):
- ES 001 Adapted Physical Exercise 1
- ES 009ABC Aerobic Dance Exercise 1
- ES 019ABC Physical Fitness 1.5
- ES 060ABC Badminton 1
- ES 076ABC Tennis 1
- ES 155ABC Basketball 1
- ES 170ABC Soccer 1
- ES 171ABC Softball 1
- ES 175ABC Volleyball 1
  - Total Required 2-3

*Students planning to transfer to SDSU must take HED 255.
CERTIFICATE OF SPECIALIZATION:

RECREATIONAL LEADERSHIP–SCHOOL-BASED PROGRAMS

This certificate offers specific training for entry-level positions or for advancement in child care and outdoor programs for children and families. It is designed to demonstrate an area of expertise that may be used to attain employment in areas of school-based recreation and fitness programs.

Program Learning Outcomes

Upon successful completion of this certificate, students will be able to:

- Describe and or demonstrate an hour of cooperative activity for children.
- Describe how principles learned in class may be applied to improve cardiovascular endurance, muscle strength, muscle endurance, and flexibility and body composition, (the five basic components of fitness) in children using walking as a primary conditioning activity.
- Investigate and list causes and risk factor associated with childhood obesity.
- Describe and prepare appropriate snacks for children.
- Demonstrate appropriate classroom organizational and management techniques.
- Demonstrate the ability to plan school-based recreational programs which deliberately intend to advance, stimulate or otherwise enhance children’s physical, emotional and social development in ways which are appropriate to their developmental level.
- Describe tested and proven teaching approaches to analyze and enhance movement competencies.

Career Opportunities

Students may find positions in an elementary or middle school, YMCA, recreation center, day or residential camp, or after school day care program. This is a great “stepping-stone” training for those who want to major in exercise science, recreation, elementary education or child development. Provides students with the expertise to enter the entry-level job market with knowledge of sound principles of fitness and developmentally appropriate recreation.

Students who complete the requirements below and hold a current First Aid/CPR certification qualify for a Certificate in Recreational Leadership–School-Based Programs. An official request must be filed with the Admissions and Records Office prior to the deadline as stated in the Academic Calendar.

Certificate Requirements:

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
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<tr>
<td>CD 125</td>
<td>Child Growth and Development</td>
<td>3</td>
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<tr>
<td>CD 134</td>
<td>Health, Safety and Nutrition of Young Children</td>
<td>3</td>
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<tr>
<td>ES 253</td>
<td>Physical Education in Elementary Schools</td>
<td>3</td>
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<tr>
<td>ES 270</td>
<td>Cooperative Games</td>
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<td>ES 271</td>
<td>Fitness Walking with Children</td>
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<td>ES 272</td>
<td>Issues in Childhood Obesity</td>
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<td>ES 273</td>
<td>Field Experience in School-Based Recreational Leadership</td>
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