



Associate Degree for TransferSM

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. Certified completion 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, IGETC-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.

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 181ABCD	Karate I-IV	1.5

Fitness:

ES 009ABC	Beginning, Intermediate, Advanced Aerobic Dance Exercise	1
ES 014ABC	Beginning, Intermediate, Advanced Body Building	1.5
ES 019ABC	Beginning, Intermediate, Advanced Physical Fitness	1.5

Individual Sports:

ES 060ABC	Beginning, Intermediate, Advanced Badminton	1
ES 076ABC	Beginning, Intermediate, Advanced Tennis	1
ES 125A	Beginning Golf	1
ES 125BC	Intermediate, Advanced Golf	1.5

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
		15-16.5

List A:

CHEM 102	Introduction to General, Organic and Biological Chemistry	5
MATH 160	Elementary Statistics	4
		9

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.