

**Crafton Hills College**  
**Associate in Arts for Transfer Degree**  
**KINESOLOGY (AA-T)**

**2014-2015**

Student Name: \_\_\_\_\_

ID #: \_\_\_\_\_

Date: \_\_\_\_\_

Counselor: \_\_\_\_\_

The Associate in Arts in Kinesiology for Transfer (AA-T) degree at Crafton Hills College is designed to meet the needs of students transferring to a California State University who intend to major in kinesiology or a related field of study.

**The following are required for all AA-T and AS-T degrees**

1. Complete 60 CSU-transferable semester units.
2. Minimum grade point average (GPA) of at least 2.0 in all CSU-transferrable coursework. While a minimum of 2.0 is required for admission, some majors may require a higher GPA. Please consult with a counselor for more information.
3. **Completion of a minimum of 21-23 semester units with a "C" or better** in all courses required for this major.
4. Certified completion of the California State University General Education-Breadth pattern (CSU GE Breadth) OR the Intersegmental General Education Transfer Curriculum-CSU (IGETC-CSU) pattern general education requirements.

| <b>Required Courses:</b>     |                                 | <b>Units</b> | <b>IP</b> | <b>Need</b> | <b>Grade</b> |
|------------------------------|---------------------------------|--------------|-----------|-------------|--------------|
| KIN 200                      | Introduction to Kinesiology     | 3            |           |             |              |
| ANAT 150                     | Human Anatomy and Physiology I  | 4            |           |             |              |
| ANAT 151                     | Human Anatomy and Physiology II | 4            |           |             |              |
| <b>Total Required Units:</b> |                                 | <b>11</b>    |           |             |              |

| <b>Complete one unit from any <u>three</u> of the following movement-based course areas:</b> |   | <b>Units</b> | <b>IP</b> | <b>Need</b> | <b>Grade</b> |
|--|---|--------------|-----------|-------------|--------------|
| <b>Aquatics</b>  |   |              |           |             |              |
| KIN/F 164ABCD  | Swimming I-IV                               | .5 - 1       |           |             |              |
| KIN/F 173ABCD  | Water Aerobics and Deep Water Exercise I-IV | .5 - 1       |           |             |              |
| <b>Combatives</b>  |   |              |           |             |              |
| KIN/S 159ABCD  | Karate I-IV                                 | .5 - 1       |           |             |              |
| <b>Team Sports</b>   |   |              |           |             |              |
| KIN/S 116ABCD  | Soccer I-IV                                 | .5 - 1       |           |             |              |
| KIN/S 193ABCD  | Softball I/IV                               | .5 - 1       |           |             |              |
| <b>Individual Sports</b>   |   |              |           |             |              |
| KIN/S 120ABCD  | Golf I-IV                                   | .5 - 1       |           |             |              |
| KIN/S 148ABCD  | Tennis I-IV                                 | .5 - 1       |           |             |              |
| <b>Fitness</b>   |   |              |           |             |              |
| KIN/F 105ABCD  | Aerobic Conditioning I-IV                   | .5 - 1       |           |             |              |
| KIN/F 108ABCD  | Resistance and Weight Training I-IV         | .5 - 1       |           |             |              |
| KIN/F 127ABCD  | Walking for Fitness I-IV                    | .5 - 1       |           |             |              |
| KIN/F 168ABCD  | Yoga I-IV                                   | .5 - 1       |           |             |              |
| KIN/S 190ABCD  | Tai Chi I-IV                                | .5 - 1       |           |             |              |
| <b>Dance</b>   |   |              |           |             |              |
| KIN/D 163ABCD  | Ballroom/Swing/Salsa I-IV                   | .5 - 1       |           |             |              |
| <b>Total Additional Units:</b>   |   | <b>3</b>     |           |             |              |

| <b>Complete at least six (6) additional units from the following courses:</b> |   | <b>Units</b> | <b>IP</b> | <b>Need</b> | <b>Grade</b> |
|---|---|--------------|-----------|-------------|--------------|
| MATH 108 <b>or</b><br>PSYCH 108   | Statistics                                    | 4            |           |             |              |
| CHEM 150 <b>or</b> 150H   | General Chemistry I                           | 5            |           |             |              |
| PHYSIC 110 <b>or</b><br>PHYSIC 250  | General Physics I <b>or</b> College Physics I | 4            |           |             |              |
| KIN 231   | First Aid and CPR                             | 3            |           |             |              |
| <b>Total Additional Units:</b>  |   | <b>7-9</b>   |           |             |              |

|   |  |              |  |  |  |
|---|--|--------------|--|--|--|
| <b>Total Required and Additional Units:</b> |  | <b>21-23</b> |  |  |  |
|---|--|--------------|--|--|--|

**Students earning this Associate in Arts in Kinesiology for Transfer Degree will be able to:**

- Explain the importance of physical activity in daily life and the implications of this for the discipline of kinesiology, how it is structured, and the types of knowledge studied by its scholars and applied in professional practice;
- Defend the nature of the field of kinesiology;
- Identify the nature and demands of professional occupations, the career options available to students graduating from departments of kinesiology, and the qualifications associated with each;
- Demonstrate knowledge of principles for safe participation and physiological improvement in keeping with the goals of a specific physical activity; and
- Demonstrate an understanding of the benefit associated with the participation in physical activities.