

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

2018-2019

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-transferable 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.

Required Core Courses		Units	IP	Need	Grade
KIN 200	Introduction to Kinesiology	3			
ANAT 150	Human Anatomy and Physiology I	4			
ANAT 151	Human Anatomy and Physiology II	4			
Total Required Core Units:		11			

Required Core Courses (Continued)		Units	IP	Need	Grade
Students must complete (1) one unit from at any three (3) of the following movement-based course areas: (3 different areas)					
AQUATICS					
KIN/S 164ABCD	Swimming I-IV	.5 - 1			
KIN/F 173ABCD	Water Aerobics and Deep Water Exercise I-IV	.5 - 1			
COMBATIVES					
KIN/S 159ABCD	Karate I-IV	.5 - 1			
TEAM SPORTS					
KIN/S 116ABCD	Soccer I-IV	.5 - 1			
KIN/S 193ABCD	Softball I/IV	.5 - 1			
INDIVIDUAL SPORTS					
KIN/S 120ABCD	Golf I-IV	.5 - 1			
KIN/S 148ABCD	Tennis I-IV	.5 - 1			
FITNESS					
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			
DANCE					
KIN/D 163ABCD	Ballroom/Swing/Salsa I-IV	.5 - 1			
Total Additional Required Core Units:		3			

Required List A Courses		Units	IP	Need	Grade
Complete at least six (6) additional units from the following list:					
MATH 110 or 110H	Introduction to Probability and Statistics	4			
CHEM 150 or 150H	General Chemistry I	5			
PHYSIC 110 or PHYSIC 250	General Physics I or College Physics I	4			
KIN 231	First Aid and CPR	3			
Total List A Units:		7-9			

Total Required and Additional Units:		21-23			
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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.