

Associate in Arts in Kinesiology for Transfer Degree:

The Associate in Arts in Kinesiology for Transfer Degree is intended for students who plan to complete a bachelor's degree in Kinesiology or a related major in the California State University (CSU) system. It is accepted by some but not all CSU campuses. Students who complete this degree and transfer to a participating CSU campus will be required to complete no more than 60 units after transfer to earn a bachelor's degree. It may not be appropriate preparation for students transferring to a CSU campus that does not accept the degree.

Note: Students who plan to complete this degree should consult a counselor and visit www.assist.org for additional information about participating CSU campuses as well as university admission, degree and transfer requirements.

Award Notes:

Students are required to complete a minimum of 60 CSU transferable units with a minimum overall grade point average of 2.0.

Major: A minimum of 18 units with grade of "C" or better.

General Education: In addition to the courses required in the major, students must complete one of the following general education options:

- The California State University General Education Breadth pattern
- The Intersegmental General Education Transfer Curriculum pattern

The following is required for all AA-T or AS-T degrees:

- Completion of 60 CSU-transferable semester units. No more than 60 units are required.
- 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 CSU campuses and majors may require a higher GPA. Please see a counselor for more information.
- Completion of a minimum of 18 semester units in an "AA-T" or "AS-T" major (see list above). All courses in the major must be completed with a grade of "C" or better or a "P" if the course is taken on a "pass-no pass" basis.
- Certified completion of the California State University General Education-Breadth pattern

(CSU GE; see page 144 for more information); OR the Intersegmental General Education Transfer Curriculum pattern (IGETC; see page 136 for more information).

Goals

The purpose of this Associate of Arts in Kinesiology for Transfer Degree program is to offer an organized course of study that will prepare students intending to major in Kinesiology at the California State University.

Emphasis

The Associate in Arts in Kinesiology for Transfer Degree program emphasizes preparation for the major in Kinesiology at the California State University.

Program Learning Outcomes:

- **Critical Thinking:** Apply core critical thinking skills of analysis, interpretation, evaluation, and explanation in the development of nutritional and fitness plans and the acquisition of skill development including proper techniques, physiological principles and kinesthetic awareness.
- **Communication:** Demonstrate effective and sensitive verbal, non-verbal and written communication skills.
- **Self Awareness:** Value and implement physical fitness activities, wellness strategies and principles in support of a healthy lifestyle.
- **Interpersonal Skills:** Display the attributes of sportsmanship and teamwork as it pertains to physical education and athletic competition.
- **Technological Awareness:** Utilize current technology to research and compile information in health and wellness, human performance and athletic competition.

Students will be assessed through a combination of performance evaluations, written assignments, projects, tests and quizzes.

Courses Required for the Major:		Units
BIOL 230	Human Anatomy	4
BIOL 235	Human Physiology	4
EXSC 241B	Introduction to Kinesiology	3

Select a minimum of 1 unit from any 3 of the following areas for a minimum of 3 units

AQUATICS

EXSC 110A	Surfing I	0.5 - 1
EXSC 110B	Surfing II	0.5 - 1

EXSC 110C	Surfing III	0.5 - 1
EXSC 110D	Surfing IV	0.5 - 1
EXSC 113A	Swimming I	0.5 - 1
EXSC 113B	Swimming II	0.5 - 1
EXSC 113C	Swimming III	0.5 - 1
EXSC 113D	Swimming IV	0.5 - 1
EXSC 114A	Aquatic Fitness I	0.5 - 1
EXSC 114B	Aquatic Fitness II	0.5 - 1
EXSC 114C	Aquatic Fitness III	0.5 - 1
EXSC 114D	Aquatic Fitness IV	0.5 - 1
EXSC 116A	Stand Up Paddle Boarding	1
EXSC 116B	Kayaking	1

TEAM SPORTS

EXSC 156A	Baseball I	0.5 - 1
EXSC 156B	Baseball II	0.5 - 1
EXSC 156C	Baseball III	0.5 - 1
EXSC 156D	Baseball IV	0.5 - 1
EXSC 158A	Basketball I	0.5 - 1
EXSC 158B	Basketball II	0.5 - 1
EXSC 158C	Basketball III	0.5 - 1
EXSC 158D	Basketball IV	0.5 - 1
EXSC 164A	Football I	0.5 - 1
EXSC 164B	Football II	0.5 - 1
EXSC 164C	Football III	0.5 - 1
EXSC 164D	Football IV	0.5 - 1
EXSC 174A	Soccer I	0.5 - 1
EXSC 174B	Soccer II	0.5 - 1
EXSC 174C	Soccer III	0.5 - 1
EXSC 174D	Soccer IV	0.5 - 1
EXSC 176A	Softball I	0.5 - 1
EXSC 176B	Softball II	0.5 - 1
EXSC 176C	Softball III	0.5 - 1
EXSC 176D	Softball IV	0.5 - 1
EXSC 182A	Volleyball I	0.5 - 1
EXSC 182B	Volleyball II	0.5 - 1
EXSC 182C	Volleyball III	0.5 - 1
EXSC 182D	Volleyball IV	0.5 - 1
EXSC 183A	Beach Volleyball I	0.5 - 1
EXSC 183B	Beach Volleyball II	0.5 - 1
EXSC 183C	Beach Volleyball III	0.5 - 1
EXSC 183D	Beach Volleyball IV	0.5 - 1
EXSC 184A	Water Polo I	0.5 - 1
EXSC 184B	Water Polo II	0.5 - 1
EXSC 184C	Water Polo III	0.5 - 1
EXSC 184D	Water Polo IV	0.5 - 1

INDIVIDUAL SPORTS

EXSC 154A	Badminton I	0.5 - 1
EXSC 154B	Badminton II	0.5 - 1
EXSC 154C	Badminton III	0.5 - 1
EXSC 154D	Badminton IV	0.5 - 1
EXSC 160A	Springboard Diving I	0.5 - 1
EXSC 160B	Springboard Diving II	0.5 - 1

EXSC 160C	Springboard Diving III	0.5 - 1
EXSC 160D	Springboard Diving IV	0.5 - 1
EXSC 166A	Golf I	0.5 - 1
EXSC 166B	Golf II	0.5 - 1
EXSC 166C	Golf III	0.5 - 1
EXSC 166D	Golf IV	0.5 - 1
EXSC 168A	Gymnastics I	0.5 - 1
EXSC 168B	Gymnastics II	0.5 - 1
EXSC 168C	Gymnastics III	0.5 - 1
EXSC 168D	Gymnastics IV	0.5 - 1
EXSC 178A	Tennis I	0.5 - 1
EXSC 178B	Tennis II	0.5 - 1
EXSC 178C	Tennis III	0.5 - 1
EXSC 178D	Tennis IV	0.5 - 1
EXSC 179A	Pickleball I	0.5 - 1
EXSC 179B	Pickleball II	0.5 - 1
EXSC 179C	Pickleball III	0.5 - 1
EXSC 179D	Pickleball IV	0.5 - 1
EXSC 180A	Track and Field I	0.5 - 1
EXSC 180B	Track and Field II	0.5 - 1
EXSC 180C	Track and Field III	0.5 - 1
EXSC 180D	Track and Field IV	0.5 - 1

FITNESS

EXSC 125A	Aerobic Dance I	0.5 - 1
EXSC 125B	Aerobic Dance II	0.5 - 1
EXSC 125C	Aerobic Dance III	0.5 - 1
EXSC 125D	Aerobic Dance IV	0.5 - 1
EXSC 126A	Cardio Conditioning I	0.5 - 1
EXSC 126B	Cardio Conditioning II	0.5 - 1
EXSC 126C	Cardio Conditioning III	0.5 - 1
EXSC 126D	Cardio Conditioning IV	0.5 - 1
EXSC 130A	Indoor Cycling I	0.5 - 1
EXSC 130B	Indoor Cycling II	0.5 - 1
EXSC 130C	Indoor Cycling III	0.5 - 1
EXSC 130D	Indoor Cycling IV	0.5 - 1
EXSC 135A	Individual Conditioning I	0.5 - 1
EXSC 135B	Individual Conditioning II	0.5 - 1
EXSC 135C	Individual Conditioning III	0.5 - 1
EXSC 135D	Individual Conditioning IV	0.5 - 1
EXSC 139A	Weight Training I	0.5 - 1
EXSC 139B	Weight Training II	0.5 - 1
EXSC 139C	Weight Training III	0.5 - 1
EXSC 139D	Weight Training IV	0.5 - 1
EXSC 140A	Boot Camp I	0.5 - 1
EXSC 140B	Boot Camp II	0.5 - 1
EXSC 140C	Boot Camp III	0.5 - 1
EXSC 140D	Boot Camp IV	0.5 - 1
EXSC 141A	Total Body Conditioning I	0.5 - 1
EXSC 141B	Total Body Conditioning II	0.5 - 1
EXSC 141C	Total Body Conditioning III	0.5 - 1
EXSC 145A	Yoga I-Fundamentals of Yoga	0.5 - 1
EXSC 145B	Yoga II-Beginning Yoga	0.5 - 1
EXSC 145C	Yoga III-Intermediate	0.5 - 1

EXSC 145D Yoga IV - Advanced Level 0.5 - 1

DANCE

DANC 112A Ballet I	1.5
DANC 112B Ballet II	1.5
DANC 112C Ballet III	1.5
DANC 112D Ballet IV	1.5
DANC 117A Tap Dance I	1.5
DANC 117B Tap Dance II	1.5
DANC 117C Tap Dance III	1.5
DANC 117D Tap Dance IV	1.5
DANC 122A Hip Hop I	1.5
DANC 122B Hip Hop II	1.5
DANC 122C Hip Hop III	1.5
DANC 122D Hip Hop IV	1.5
DANC 125A Latin American Dance I	1 - 1.5
DANC 125B Latin American Dance II	1 - 1.5
DANC 126A Mid-Eastern Dance I	0.5 - 1
DANC 126B Mid-Eastern Dance II	0.5 - 1
DANC 137A Jazz Dance I	1.5
DANC 137B Jazz Dance II	1.5
DANC 137C Jazz Dance III	1.5
DANC 137D Jazz Dance IV	1.5
DANC 145A Ballroom Dance I	1 - 1.5
DANC 145B Ballroom Dance II	1 - 1.5

COMBATIVE

EXSC 147A Kickboxing I	0.5 - 1
EXSC 147B Kickboxing II	0.5 - 1
EXSC 147C Kickboxing III	0.5 - 1
EXSC 147D Kickboxing IV	0.5 - 1
EXSC 148A Mixed Martial Arts I	0.5 - 1
EXSC 148B Mixed Martial Arts II	0.5 - 1
EXSC 148C Mixed Martial Arts III	0.5 - 1
EXSC 148D Mixed Martial Arts IV	0.5 - 1

CATEGORY A: SELECT TWO OF THE FOLLOWING COURSES (MINIMUM 6 UNITS):

BIOL 200 Biological Statistics 3

or

MATH 119 Elementary Statistics 3

or

PSYC 258 Behavioral Science Statistics 3

CHEM 200 General Chemistry I - Lecture 3

and

CHEM 200L General Chemistry I - Laboratory 2

HEAL 131 Emergency Medical Response 3

PHYS 125 General Physics 5

Total Units = 20–24.5

Note: Completion of the California State University American Institutions graduation requirement is strongly recommended prior to transfer.

Electives as needed to meet maximum of 60 units required for the degree.

Transfer Information

Students planning to transfer to a four-year college or university should complete courses required for the university major and the general education pattern required by that transfer institution. See catalog TRANSFER INFORMATION section. Additional courses may be required to meet university lower-division requirements. **Course requirements at the transfer institution are subject to change and may be verified by a counselor or by consulting the current university catalog. Many Baccalaureate in Arts degrees require a third semester competency in a foreign language. Consult the current catalog of the transfer institution and consult with a counselor.**

Fashion

Award Type Units

Certificate of Achievement:

Fashion Design	31–37
Fashion Merchandising	19 – 24
Computer Fashion Technology: Design	31
Fashion Technology: Merchandising	23 – 26
Foundations of Fashion Merchandising	21.5

Associate of Science Degree:

Fashion Design	46–52*
Fashion Merchandising	34.5 – 39.5*
Computer Fashion Technology: Design	45*

* and courses to meet graduation requirements, general education and electives as needed to meet the minimum of 60 units required for the degree.

Description

The Fashion program offers a variety of courses that allow students to develop skills to pursue careers in fashion and costume design, fashion merchandising, fashion design technology, fashion merchandising technology, and related fashion careers. With a high emphasis on technology, both computer and equipment-based, students obtain skills that assist them in securing positions and advance in the fashion field. Coursework is supplemented with participation in field excursions, guest lecturers, work experience positions, and opportunities that involve the local fashion community. Much of the emphasis of the program is on active student