

ASSOCIATE IN ARTS IN KINESIOLOGY FOR TRANSFER

Kinesiology is an academic discipline which involves the study of physical activity and its impact on health, society, and quality of life. Students completing the Associate in Arts in Kinesiology for Transfer degree will be provided with an integrated approach to the field that includes the biological, psychological, and social-humanistic perspectives. The Associate in Arts in Kinesiology for Transfer is designed to prepare students for a seamless transfer into the CSU system to complete a baccalaureate degree in Kinesiology or similar major. Priority admission with junior status to the CSU system will be granted. Students completing this degree are exempt from Mendocino College Institutional Requirements. Please check with a counselor for more specific transfer information.

Required Courses – Major

Course Number	Course Name	Units
BIO 230	Human Anatomy	5
BIO 231	Human Physiology	5
KIN 200	Introduction to Kinesiology	3

Movement Based Courses*

Select a maximum of one (1) course from any three (3) of the following areas for a minimum of three (3) units: Combatives, Team Sports, Individual Sports, Fitness, or Dance:

Combatives

Course Number	Course Name	Units
PES 273A	Beginning Foil Fencing	1
PES 273B	Intermediate Foil Fencing	1
PES 274A	Self Defense	1

Team Sports

Course Number	Course Name	Units
PES 204	Baseball	1
PES 208	Basketball	1
PES 224	Soccer	1

Individual Sport

Course Number	Course Name	Units
PES 264A	Tennis-Beginning	1
PES 264B	Tennis-Intermediate	1

Fitness

Course Number	Course Name	Units
PEF 202	Low Impact Fitness	1
PEF 216	Weight Training	1
PEF 280	Physical Fitness	1
THE 228A	Conditioning for Dance: Pilates Mat I	1

Dance

Course Number	Course Name	Units
THE 227A	Hip Hop Dance: Beginning	1
THE 230A	Contemporary Dance: Beginning	2
THE 238E	Jazz Dance: Beginning	2
THE 242A	Ballet: Beginning	2

Plus 6 – 9 additional units selected from the following

Course Number	Course Name	Units
CHM 250	General Chemistry I	5

EMS 202	First Aid, Emergency Care, and Cardiopulmonary Resuscitation	3
STAT C1000	Introduction to Statistics	4
PHY 210	General Physics I	4
or PHY 220	Physics for Scientists and Engineers I	4
PSYC C1000	Introduction to Psychology	3
or SOC 200	Introduction to Sociology	3

Total Major Units **22 – 26**

Total Degree Units **60**

Program Level Student Learning Outcomes:

1. Identify and describe major concepts, theoretical principles, empirical findings, and historical and current trends in kinesiology.
2. Describe physiological responses and adaptations to exercise.
3. Apply scientific principles to movement, exercise, and sport, including fitness, combative, individual sport and team sport.
4. Apply critical thinking, writing, reading, oral communication, and quantitative and qualitative analysis to skill and movement-related questions.

Career Opportunities in KINESIOLOGY

Completing the baccalaureate degree or graduate-level work can lead to a variety of opportunities such as physical education specialist, athletic trainer, kinesiotherapist, personal trainer, exercise physiologist, biomechanist, coach, athletic administrator, or sport psychologist.

Associate Degree for Transfer Requirements:

- Completion of 60 semester units or 90 quarter units of degree-applicable courses,
- Minimum overall grade point average of 2.0,
- Minimum grade of "C" (or "P") for each course in the major, and
- Completion of Cal-GETC.