

# KINESIOLOGY, ASSOCIATE IN ARTS FOR TRANSFER

The Associate in Arts in Kinesiology for Transfer (AA-T in Kinesiology) degree program provides students an introduction to human movement and function. The program will allow the successful student to gain knowledge and skills necessary to undertake an upper-division course of study in a number of areas including physical education/kinesiology, health science, and exercise physiology. The program serves students who will complete their education at MPC and prepares those who plan to transfer into the CSU system to pursue a baccalaureate degree in Kinesiology or related major. Students must complete the Associate Degree for Transfer requirements to earn the AA-T degree.

## Learning Outcomes

Upon successful completion of the program, students will be able to:

- Assess how physical, social, emotional, and/or intellectual factors contribute to wellness and healthful living.
- Describe how biomechanics relates to physical activity, skill development and physical fitness.
- Assess the depth and breadth of kinesiology as an academic discipline and the career opportunities it may support.
- Identify how scientific studies such as anatomy and physiology contribute to the study of human movement.

## Associate in Arts Degree for Transfer Major Requirements

| Code  | Title                        | Units |
|---|------------------------------|-------|
| <b>Required Core</b>  |                              |       |
| ANAT 1  | Human Anatomy                | 2     |
| ANAT 2  | Human Anatomy Lab            | 2     |
| KINS 40   | Introduction to Kinesiology  | 3     |
| PHSO 1  | Human Physiology             | 3     |
| PHSO 2  | Human Physiology Lab         | 2     |
| <b>Movement-Based Courses</b>   |                              |       |
| Select one course maximum from any three of the following areas for a minimum total of three units: |                              | 3     |
| <i>Aquatics:</i>  |                              |       |
| PFIT 22A  | Fitness Through Swimming I   |       |
| PFIT 22B  | Fitness Through Swimming II  |       |
| PHED 7A   | Swimming I                   |       |
| PHED 7B   | Swimming II                  |       |
| PHED 12B  | Competitive Swimming I       |       |
| PHED 12C  | Competitive Swimming II      |       |
| <i>Combatives:</i>  |                              |       |
| PFIT 16A  | Tai Chi I                    |       |
| PFIT 16B  | Tai Chi II                   |       |
| PHED 23A  | Martial Arts/Self-Defense I  |       |
| PHED 23B  | Martial Arts/Self-Defense II |       |
| <i>Dance:</i>   |                              |       |
| DANC 10A  | Modern Dance I               |       |
| DANC 10B  | Modern Dance II              |       |

|          |                       |
|----------|-----------------------|
| DANC 11A | Jazz Dance I          |
| DANC 11B | Jazz Dance II         |
| DANC 12A | Ballet I              |
| DANC 12B | Ballet II             |
| DANC 14A | Ballroom Dance I      |
| DANC 14B | Ballroom Dance II     |
| DANC 15A | Ethnic Dance Forms I  |
| DANC 15B | Ethnic Dance Forms II |

### *Fitness:*

|          |  |
|----------|--|
| PFIT 2   | Core Fitness Training                    |
| PFIT 6   | Cross-Training                           |
| PFIT 7   | Distance Training                        |
| PFIT 8   | Aerobic Conditioning                     |
| PFIT 9   | Personal Fitness                         |
| PFIT 10A | Beginning Weight Training                |
| PFIT 10B | Intermediate Weight Training             |
| PFIT 15A | Core Matwork I                           |
| PFIT 15B | Core Matwork II                          |
| PFIT 17A | Yoga I                                   |
| PFIT 17B | Yoga II                                  |
| PFIT 18A | Aerobic Fitness I                        |
| PFIT 18B | Aerobic Fitness II                       |
| PFIT 19A | Body Sculpting I                         |
| PFIT 19B | Body Sculpting II                        |
| PFIT 20  | Circuit Training                         |
| PFIT 21A | Flexibility and Relaxation Techniques I  |
| PFIT 21B | Flexibility and Relaxation Techniques II |
| PFIT 23A | Functional Fitness I                     |
| PFIT 23B | Functional Fitness II                    |
| PFIT 30A | Triathlon Training I                     |
| PFIT 30B | Triathlon Training II                    |

### *Individual Sports:*

|         |           |
|---------|-----------|
| PHED 2A | Golf I    |
| PHED 2B | Golf II   |
| PHED 2C | Golf III  |
| PHED 5A | Tennis I  |
| PHED 5B | Tennis II |

### *Team Sports:*

|          |                            |
|----------|----------------------------|
| PHED 6A  | Soccer I                   |
| PHED 6B  | Soccer II                  |
| PHED 9A  | Pickleball I               |
| PHED 9B  | Pickleball II              |
| PHED 15A | Volleyball I               |
| PHED 15B | Volleyball II              |
| PHED 22A | Introduction to Basketball |
| PHED 22B | Intermediate Basketball    |
| PHED 24A | Beach Volleyball I         |
| PHED 24B | Beach Volleyball II        |

### **List A**

Select two courses from the following: 7-9

|         |                     |
|---------|---------------------|
| CHEM 1A | General Chemistry I |
| HLTH 5  | First Aid and CPR   |

|   |                       |              |
|---|-----------------------|--------------|
| MATH 16   | Elementary Statistics |              |
| PHYS 2A   | General Physics I     |              |
| <b>TOTAL MAJOR UNITS</b>  |                       | <b>22-24</b> |
| <b>Additional Requirements</b>  |                       | <b>36-38</b> |
| Complete CSU General Education or IGETC pattern and electives, if needed, for a total of 60 transferable units. |                       |              |
| <b>Total Units</b>  |                       | <b>60</b>    |

Please refer to the graduation requirements section of the Catalog for information about degree and certificate requirements including Reading and Writing, Mathematics, Information Competency, and General Education requirements.