

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
Required Core		
ANAT 1	Human Anatomy with Cadaver Lab	4
KINS 40	Introduction to Kinesiology	3
PHSO 1	Human Physiology	3
PHSO 2	Human Physiology Lab	2
Movement-Based Courses		
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
DANC 18A	Hip Hop Dance I
DANC 18B	Hip Hop Dance 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
PHED 9A	Pickleball I
PHED 9B	Pickleball II

Team Sports:

PHED 6A	Soccer I
PHED 6B	Soccer 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:		6-9
CHEM 1A	General Chemistry I	

EMMS 5	First Aid, CPR and AED	
MATH 16	Elementary Statistics	
or PSYC/ SOCI 19	Introduction to Statistics for the Social Sciences	
PHYS 2A	General Physics I	
PSYC 1	General Psychology	
or SOCI 1	Introduction to Sociology	
TOTAL MAJOR UNITS		21-24
Additional Requirements		36-39
Complete CSU General Education or IGETC pattern and electives, if needed, for a total of 60 transferable units.		
Total Units		60

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.