

# ASSOCIATE IN ARTS IN KINESIOLOGY FOR TRANSFER (AA-T)

Students completing the Associate in Arts in Kinesiology for Transfer Degree will be able to seamlessly transfer in the CSU system to pursue a baccalaureate degree in Kinesiology.

Students completing Kinesiology for Transfer (AA-T) degree will have an introductory foundation for the field of Kinesiology through the study of biomechanics, exercise physiology, theory and analysis, prevention, care and rehabilitation of sport injury. Students will acquire skills in analysis and assessment of human movement and the internal environment of the human body through a variety of activities and development of a program related to a specific condition.

## Program Outcomes

- Identify and relate anatomical, physiological, and biomechanical systems to physical activity and sport.
- Understand the philosophical aspects involved in the various aspects of Kinesiology and sport, and apply such knowledge to their daily lives and possible occupations.

## Transfer & Career Opportunities

This Associate in Arts in Kinesiology for Transfer (AA-T) Degree is intended to meet the lower division requirements for Kinesiology for all CSU campuses. Students planning to transfer to institutions other than the CSU are encouraged to consult ASSIST.org and a COS counselor for program planning and course selection. Most common career opportunities with a baccalaureate degree include: athletic trainer, physical education teacher, exercise physiologist, pre-requisite for a doctoral program in physical therapy.

## Program Requirements

Code	Title	Units
GENERAL EDUCATION		37-39
Select one of the following General Education patterns:		
California State University General Education (CSU-GE) *		
Intersegmental General Education Transfer Curriculum (IGETC-CSU) **		
+		
REQUIRED MAJOR COURSES		11
BIOL 030	Human Anatomy *	4
BIOL 031	Human Physiology	4
KINE 001	Introduction to Kinesiology	3
+		
RESTRICTED MOVEMENT BASED COURSES		3
Select three courses from the following areas. Maximum one course per area:		
DANCE		
DANC 050	Ballet 1	1
DANC 054	Modern Dance 1	1
DANC 056	Contemporary Dance	1
DANC 058	Jazz Dance 1	1

DANC 062	Tap Dancing 1	1
DANC 070	Hip Hop	1
AQUATICS		
PEAC 008	Beginning Swimming	1
PEAC 009	Intermediate Swimming	1
PEAC 010	Advanced Swimming	1
PEAC 011	Swimming for Fitness	1
FITNESS		
PEAC 001	Aerobic Conditioning	1
PEAC 002	Non-Impact Aerobics	1
PEAC 003	Step Aerobics	1
PEAC 004	Circuit Training	1
PEAC 036	Stretch and Tone	1
PEAC 037	Pilates Mat Class	1
PEAC 038	Introduction to Yoga	1
PEAC 039	Hatha Yoga Fundamentals	1
PEAC 068	Beginning Fitness Walking	1
PEAC 069	Intermediate Fitness Walking	1
PEAC 071	Cross Interval Training	1
PEAC 070	Walk/Jog for Aerobic Fitness	1
PEAC 074	Beginning Weight Training	1
PEAC 075	Intermediate Weight Training	1
INDIVIDUAL SPORTS		
PEAC 052	Beginning Tennis	1
PEAC 053	Intermediate Tennis	1
TEAM SPORTS		
PEAC 015	Fundamentals of Baseball	1
PEAC 021	Beginning Basketball	1
PEAC 022	Intermediate Basketball	1
PEAC 025	Fundamentals of Football	1
PEAC 042	Soccer	1
PEAC 046	Women's Softball-Beginning	1
PEAC 064	Beginning Volleyball	1
PEAC 065	Intermediate Volleyball	1
+		
RESTRICTED ELECTIVES		7-10
Select two of the following courses. Minimum seven units:		
CHEM 001	General Chemistry 1 *	5
HW 003	First Aid/CPR/AED	3
PHYS 020	General Physics 1 *	4-5
	or PHYS 055 Physics 1: Mechanics & Waves	
SSCI 025	Statistics - Social Sciences *	4
	or MATH 021 Introduction to Statistics	
+		
ELECTIVES		6-10
Select additional transferable courses numbered 1-199 to achieve 60 units. The department recommends students pursuing the Sports Medicine area of emphasis select 6-10 units from the following electives: SMED 040, SMED 181, SMED 182, SMED 183, SMED 184, WEXP 193Y, WEXP 194Y, WEXP 195Y, and WEXP 196Y.		
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TOTAL		60

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- \* Course(s) meets General Education requirement and 6-7 units may be double counted above in 1A (CSUGE).
- \*\* 9-10 units may be double counted above in 1B (IGETC-CSU). IGETC-CSU requires completion of IGETC AREA 1C.

The Associate in Arts Degree for Transfer requirements include completion of the 60 unit program defined above with at least 12 units taken in residence at College of the Sequoias with a "C" (2.0) average and a "C" or better grade in all required major and unrestricted electives courses (see Transfer Information and Requirements (<https://catalog.cos.edu/transfer-information-requirements/>) section for additional details).