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**Plan Code: 5004B/C**

The Associate in Arts in Kinesiology for Transfer (A.A.-T) degree is designed to prepare students with a general education in the principles, concepts and methodologies of Kinesiology. This degree is designed to increase students' awareness, understanding and knowledge of the broad range of career paths within the field of Kinesiology and to prepare them for seamless transfer to a California State University.

### Program Student Learning Outcomes

- Demonstrate the ability to attain the Institutional Student Learning Outcomes (ISLOs).
- Demonstrate proficiency in skills needed in activities commonly included in a human movement program.
- Examine and evaluate physical activities and their relationship to human movement.
- Recognize and understand the importance of physical activity in human movement.

### Requirements

This degree requires completion of the following:

Code Number	Course	Units
<b>REQUIRED CORE COURSES</b>		
ANAT 1	Human Anatomy (1)	4
KINPP 1	Introduction to Physical Activity (3)	3
PHYSI 1	Human Physiology (2)	5
<b>Subtotal Units</b>		<b>12</b>
IN ADDITION, complete ONE (1) course from the following areas:		
<b>Aquatics</b>		
KING 76	Swimming (1)	
<b>Combatives</b>		
KING 65	Martial Arts (1)	
KING 66	Self-Defense (1)	
<b>Fitness</b>		
KINPF 6	Cardio Fitness (1)	
KINPF 14	Yoga (1)	
KINPF 17	Jogging (1)	
KINPF 17B	Jogging (1)	
KINPF 18	Triathlon Training (1)	
KINPF 21	Low Impact Cardio (1)	
KINPF 22	Physical Fitness (1)	
KINPF 42	Swimming Fitness (1)	
KINPF 54	Weight Training (1)	
<b>Individual Sports</b>		
KING 10	Badminton (1)	
KING 10B	Badminton (1)	
KING 84	Tennis (1)	
<b>Team Sports</b>		

KING 2	Ultimate Frisbee (1)
KING 14	Basketball (1)
KING 14B	Basketball (1)
KING 70	Soccer (1)
KING 70B	Soccer (1)
KING 74	Softball (1)
KING 86	Touch Football (1)
KING 90	Volleyball (1)
KING 90B	Volleyball (1)
KING 92	Sand Volleyball (1)
KING 94	Rugby (1)

**Subtotal Units 3**

IN ADDITION, complete TWO (2) courses from LIST A:

LIST A	
CHEM 1A	General Chemistry (5.5)
or CHEM 3	Intro to Gen, Organic and Biochemistry (5)
KINPP 23	First Aid and Safety (3)
PHYS 2A	General Physics (4.5)
or PHYS 3A	Physics for Sci. & Eng. - Mechanics (5.5)
STAT 1/1H	Elementary Statistics (4)

**Subtotal Units 7-11**

**Required Subtotal 22-26**

Complete one of the following: <sup>1</sup> 37-39

(https://www.cslu.edu/academic/department/physical\_education/physical\_education\_courses.html) (https://www.cslu.edu/academic/department/physical\_education/physical\_education\_courses.html) (https://www.cslu.edu/academic/department/physical\_education/physical\_education\_courses.html) (https://www.cslu.edu/academic/department/physical\_education/physical\_education\_courses.html)

