

**San José City College**  
**Associate in Arts for Transfer Degree**  
**2016-2017**

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**AA-T KINESIOLOGY**

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The Associate in Arts in Kinesiology for Transfer (AA-T) degree will prepare students with the strong foundation necessary for pursuing studies at the university level in various careers in the health, fitness, and sports industries. Career options include: sport coach, strength and conditioning specialist, athletic director, physical therapist, personal trainer, health club owner, exercise physiologist, sport psychologist, sports management and athletic trainer.

The AA-T in Kinesiology is intended for students who plan to complete a baccalaureate degree in Kinesiology or a related field of study at a California State University (CSU). Students who complete this degree are guaranteed admission to the CSU system, but not to a particular campus or major. Students transferring to a CSU campus that accepts the AA-T in Kinesiology will be required to complete no more than 60 semester units after transfer to earn a baccalaureate degree.

Upon completion of program students will be able to:

- Demonstrate an understanding of the basic structure of the human body and how its various systems respond, and the implications for program design.
- Explain the importance of lifetime fitness in today's society.
- Identify the values or code of ethics related to the major that reflects one's respect for different ideas, peoples, and cultures.
- Demonstrate oral and written competence in the major field.

**To be awarded the Associate in Arts in Kinesiology for Transfer degree, students must:**

- (1) Complete 60 semester units or 90 quarter units which are eligible for transfer to the California State University (CSU) system, including both of the following:
  - (A) The Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education – Breadth Requirements.
  - (B) A minimum of 18 semester units or 27 quarter units in a major or area of emphasis, as determined by the community college district.
- (2) Obtain a minimum grade point average of 2.0.

*While a minimum of 2.0 is required for admission, some majors may require a higher GPA. Please consult with a counselor for more information.*

Associate Degrees for Transfer (ADTs) also require that students earn a “C” or better in all courses required for the major or area of emphasis. A ‘P’ (Pass) grade is acceptable grade for courses in the major if the course is taken on a “pass/no pass” basis.

**FOR ADDITIONAL INFORMATION, SEE A COUNSELOR, VISIT THE CAREER/TRANSFER CENTER OR CONTACT THE FOLLOWING:**

Debbie Huntze-Rooney, [deborah.huntze@sjcc.edu](mailto:deborah.huntze@sjcc.edu)  
Kinesiology, Wellness, and Athletics  
San José City College Website

408-288-3730  
[www.sjcc.edu](http://www.sjcc.edu)

## **AA-T KINESIOLOGY**

### **REQUIRED CORE (16 units – includes Movement based courses):** **UNITS**

KIN	005	Introduction to Kinesiology	3
BIOL	071	Human Anatomy	5
BIOL	072	Human Physiology	5

### **Movement based courses (3 units):** **3**

Select a maximum of *one course from each of the following areas* for a maximum of 3 units.

#### **Area 1: Fitness**

KINPE	008	Archery	1
KINPE	009	Badminton	1
KINPE	056	Weight Training	1

#### **Area 2: Wellness**

KINPE	023	Cardio Kickboxing	1
KINPE	030	Fit for Life	1
KINPE	039	Hatha Yoga	1
KINPE	041	Pilates Mat Workout	1
KINPE	044	Core, Alignment, and Resistant Exercise on the Ball	1
KINPE	055	Step Aerobics	1

#### **Area 3: Team Sports**

KINPE	012	Basketball	1
KINPE	013	Advanced Football	1
KINPE	038	Soccer	1
KINPE	040	Softball	1
KINPE	052	Volleyball	1

#### **\* LIST A (select two courses): 7-8 units**

BIOL	020	Human Biology	4
MATH	063	Elementary Statistics	3
PHYS	002A	General Physics	4
**CHEM	001A	General Chemistry <b>-OR-</b>	5
**CHEM	032A	Introduction to General, Organic, & Biological Chemistry	4

**Total units from CORE and LIST A** **23-24**

\* Consult with a counselor to determine which courses are applicable within the major at the CSU you are planning to transfer to.

\*\* Students may take CHEM 001A or CHEM 032A, but not both to satisfy LIST A.

### **AA-T DEGREE REQUIREMENTS**

MAJOR REQUIREMENTS	23-24
CSU GE OR IGETC	37 or 39
TRANSFERABLE ELECTIVES (if necessary to reach 60)	<u>0-10</u>
<b>TOTAL REQUIRED UNITS</b>	<b>60</b>