

PROGRAM OF STUDY

Associate in Arts in Kinesiology for Transfer

Kinesiology is the academic discipline concerned with the art and science of human movement. Kinesiology may also be listed as Physical Education or Human Performance at some campuses. Students may pursue Bachelors and graduate degrees with emphasis in adaptive physical education, athletic training, physical therapy, dance, movement sciences, sports management, teaching, and coaching which provide numerous career opportunities in both the public and private sectors.

Cabrillo offers options for degrees in Kinesiology. The first option listed below is an Associate in Arts in Kinesiology for Transfer (A.A.-T), which is intended for students who plan to complete a bachelor's degree in a similar major at a CSU campus. Students completing these degrees are guaranteed admission to the CSU system, but not to a particular campus or major. See Associate Degree for Transfer information in the Cabrillo College *Catalog*. Students pursuing transfer to a specific campus or major concentration should pay careful attention to the courses they choose from List A to insure major preparation for their preferred campus.

The following is required for all A.A.-T or A.S.-T degrees:

- Completion of 60 CSU-transferable semester units.
- Minimum grade-point average (GPA) of at least 2.0 in all CSU-transferable coursework. While a minimum of 2.0 is required for admission, some majors may require a higher GPA.
- Completion of a minimum of *18 semester units in the major with a letter grade of "C" or better, or a "P" if the course is taken on a "Pass/No Pass" basis. *Note: this degree requires greater than 18 units in the major for completion.
- Certified completion of the California State University General Education-Breadth pattern (CSU GE Breadth) or the Intersegmental General Education Transfer Curriculum (IGETC) pattern.

The second option fulfills requirements for an A.A. Degree in Kinesiology at Cabrillo College.

Learning Outcomes

The Cabrillo College Core Competencies (with an emphasis in the study of Kinesiology):

1. Communication: Reading, Writing, Listening, Speaking, and/or Conversing
2. Critical Thinking and Information Competency: Analysis, Computation, Research, Problem Solving
3. Global Awareness: An appreciation of Scientific Processes, Global Systems and Civics, and Artistic Variety.
4. Personal Responsibility and Professional Development: Self-Management and Self-Awareness, Social and Physical Wellness, Workplace Skills

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Completion of CSU or IGETC for CSU General Education Requirements

GE Units

37 - 39

Core Courses (11 units)

Units

KIN 2	Introduction to Kinesiology	3
BIO 4	Human Anatomy	4
BIO 5	Human Physiology	4

Movement Based Courses - You must take one course from three of the four different areas for an overall 3-unit minimum. One 3-unit course will not complete the Movement-Based Course requirement. Each course should be taken for 1 unit. Other KIN and DANCE courses may be used for the Movement Based Courses requirement IF they are documented as lower-division major preparation for the Similar Major at a CSU. Students may also substitute a higher level course (i.e. level B or C).

Aquatics Courses

KIN 60A	Beginning Swimming	0.5 - 2
KIN 60B	Intermediate Swimming	0.5 - 2
KIN 61A	Beginning Swim Fitness	0.5 - 2
KIN 61B	Intermediate Swim Fitness	0.5 - 2
KIN 62A	Beginning Water Aerobics	0.5 - 2
KIN 62B	Intermediate Water Aerobics	0.5 - 2
KIN 63A	Beginning Water Polo	0.5 - 2
KIN 63B	Intermediate Water Polo	0.5 - 2

KIN 63C	Advanced Water Polo	0.5 - 2
Dance courses		
DANCE 2A	Introduction to Dance I	0.5 - 3
DANCE 2B	Introduction to Dance II	0.5 - 3
DANCE 4	Contemporary Modern Dance I	0.5 - 3
DANCE 5	Contemporary Modern Dance II	0.5 - 3
DANCE 7	Ballet I	0.5 - 3
DANCE 8	Ballet II	0.5 - 3
DANCE 9A	Jazz Dance I	0.5 - 3
DANCE 9B	Jazz Dance II	0.5 - 3
DANCE 10A	Intermediate Jazz Dance I	0.5 - 3
DANCE 10B	Intermediate Jazz Dance II	0.5 - 3
DANCE 12A	Choreography I	0.5 - 3
DANCE 15A	Salsa Dance I	0.5 - 3
DANCE 15B	Salsa Dance II	0.5 - 3
DANCE 16A	Baile Folklórico: Regional Dances of Mexico I	0.5 - 3
DANCE 16B	Baile Folklórico: Regional Dances of Mexico II	0.5 - 3
DANCE 17A	Latin Dance I	0.5 - 3
DANCE 17B	Latin Dance II	0.5 - 3
DANCE 18A	African Dance I	0.5 - 3
DANCE 19A	Hip Hop Dance I	0.5 - 3
DANCE 19B	Hip Hop Dance II	0.5 - 3
DANCE 21A	Ballroom Dance I	0.5 - 3
DANCE 21B	Ballroom Dance II	0.5 - 3
DANCE 81	Swing Dance	0.5 - 3
Fitness courses		
DANCE 3AP	Dance Conditioning/Pilates I	0.5 - 3
DANCE 3BP	Dance Conditioning/Pilates II	0.5 - 3
KIN 22L	Strength Training	0.5 - 3
KIN 23A	Fitness and Conditioning I	0.5 - 1
KIN 24L	Lifetime Fitness	0.5 - 3
KIN 23B	Fitness and Conditioning II	0.5 - 1
KIN 27A	Beginning Weight Training	0.5 - 2
KIN 27AL	Weight Training Lab A	0.5 - 2
KIN 27B	Intermediate Weight Training	0.5 - 2
KIN 27BL	Weight Training Lab B	0.5 - 2
KIN 31A	Beginning Total Fitness	0.5 - 2
KIN 31AL	Total Fitness Lab A	0.5 - 2
KIN 31B	Intermediate Total Fitness	0.5 - 2
KIN 31BL	Total Fitness Lab B	0.5 - 2
KIN 34A	Bootcamp Fitness I	0.5 - 2
KIN 34B	Bootcamp Fitness II	0.5 - 2
KIN 35A	Beginning Cross Training	0.5 - 2
KIN 35B	Intermediate Cross Training	0.5 - 2
KIN 37A	Beginning Hatha Yoga	0.5 - 2
KIN 37B	Intermediate Hatha Yoga	0.5 - 2
KIN 38A	Beginning Yoga and Stress Reduction	0.5 - 2
KIN 38B	Intermediate Yoga and Stress Reduction	0.5 - 2
KIN 39B	Intermediate GYROKINESIS® Movement Yoga	0.5 - 2
KIN 39A	Beginning GYROKINESIS® Movement Yoga	0.5 - 2
KIN 55	Sports Conditioning	0.5 - 3

Team and Individual Sports courses**Note: KIN 53A may be used if taken before Spring, 2014**

KIN 40A	Beginning Golf	0.5 - 2
KIN 40B	Intermediate Golf	0.5 - 2
KIN 41A	Beginning Golf Course Play	0.5 - 2
KIN 41B	Intermediate Golf Course Play	0.5 - 2
KIN 43A	Beginning Tennis	0.5 - 2
KIN 43B	Intermediate Tennis	0.5 - 2
KIN 43C	Advanced Tennis	0.5 - 2
KIN 46B	Intermediate Baseball	0.5 - 2
KIN 47A	Beginning Basketball	0.5 - 2
KIN 47B	Intermediate Basketball	0.5 - 2
KIN 50A	Beginning Soccer	0.5 - 2
KIN 51A	Beginning Indoor Soccer-Futsal	0.5 - 2
KIN 51B	Intermediate Indoor Soccer-Futsal	0.5 - 2
KIN 52A	Beginning Ultimate Frisbee	0.5 - 2
KIN 53B	Intermediate Softball	0.5 - 2
KIN 54A	Beginning Volleyball	0.5 - 2
KIN 54B	Intermediate Volleyball	0.5 - 2
KIN 54C	Advanced Volleyball	0.5 - 2
KIN 56A	Beginning Beach Volleyball	0.5 - 2
KIN 56B	Intermediate Beach Volleyball	0.5 - 2

List A - Take two courses below from two different departments: BIO, CHEM, KIN, Statistics, and PHYS (6-10 units)

	Units	
BIO 9A	Molecular, Cellular, and Animal Biology	5
BIO 9B	Ecology, Evolution, and Plant Biology	5
BIO 11A	General Biology	4
CHEM 30A	Inorganic Chemistry for Health Occupations	4
CHEM 30B	Introductory Organic Chemistry and Biochemistry for Health Occupations	4
CHEM 1A	General Chemistry I	5
CHEM 32	Chemistry for the Allied Health Major	5
KIN 13	First Aid: Responding to Emergencies	3
MATH 12	Elementary Statistics	5
MATH 12H	Honors Elementary Statistics	5
PSYCH 2A	Statistics for Behavioral Sciences	3
PHYS 2A	Physics for Life Sciences I	4
PHYS 4A	Physics for Scientists and Engineers I	5
PHYS 10	Conceptual Physics	3
	and	
PHYS 10L	Conceptual Physics Lab	1

Note: BIO, MATH, CHEM, PHYS, PSYCH, and some KIN courses are also general education courses.

Units**Total Units****60**

PID 964