

KINESIOLOGY – ASSOCIATE IN ARTS DEGREE FOR TRANSFER TO CSU

Top Code:

1270.00

Kinesiology is the study of movement as it relates to physical activity, health, disease prevention, exercise, and sport. Kinesiology Majors are grounded in an interdisciplinary body of knowledge which encompasses the biological, psychological, physical, and social sciences. They use this knowledge to understand how the human body responds to movement, exercise, exercise training, and overall fitness. Kinesiology majors can find employment in health care, coaching, sports officiating, and athletic training. Public schools also recruit kinesiologists for their physical education departments or programs. Lastly, a baccalaureate degree in Kinesiology can also lead to advanced degrees in Physical Therapy, Occupational Therapy, or Medical School.

Students must complete a minimum of 21 units.

The Associate in Arts in Kinesiology for Transfer Degree Requirements:

- 60 semester or 90 quarter CSU-transferable units.
- the California State University-General Education-Breadth pattern (CSU GE-Breadth); or the Intersegmental General Education Transfer Curriculum (IGETC) pattern.
- a minimum of 18 semester or 27 quarter units in the major or area of emphasis as determined by the community college district.
- attainment of a minimum grade point average (GPA) of 2.0.
- earn a grade of C or better in all courses required for the major or area of emphasis, or P if the course is graded on a P/NP basis.

Pasadena City College may certify a maximum of 39 units as having fulfilled the CSU lower division general education requirements.

Program Outcomes

- Identify and apply basic physiological principles of human movement in exercise and sports settings.
- Identify and apply fundamental techniques to improve individual kinesthetic sport specific skills.

Associate in Arts Degree in Kinesiology for Transfer

Code	Title	Units
Required Core		
ANAT 025	HUMAN ANATOMY	4
KINT 003	INTRODUCTION TO KINESIOLOGY	3
PYSO 001	HUMAN PHYSIOLOGY	4
Movement-Based Courses		
Select a minimum of one course from any three of the following areas:		3

Aquatics

KINA 003A	BEGINNING SWIMMING I
KINA 003B	BEGINNING SWIMMING II
KINA 003C	INTERMEDIATE SWIMMING & FITNESS
KINA 003D	ADVANCED SWIMMING AND FITNESS
KINA 028A	BEGINNING AQUATIC FITNESS ACTIVITIES
KINA 028B	INTERMEDIATE AQUATIC FITNESS ACTIVITIES

Combatives

KINA 034A	BEGINNING SELF DEFENSE
KINA 034B	INTERMEDIATE SELF DEFENSE
KINA 048A	BEGINNING FENCING
KINA 048B	INTERMEDIATE FENCING
KINA 048C	ADVANCED FENCING

Dance

DANC 005A	SOCIAL DANCE I
DANC 005B	SOCIAL DANCE II
DANC 006A	TAP DANCE I
DANC 009A	MODERN DANCE I
DANC 009C	MODERN DANCE III
DANC 011A	BALLET I
DANC 011C	BALLET III
DANC 013	PILATES-BASED METHOD FOR ALIGNMENT AND CORRECTION
DANC 015A	JAZZ DANCE I

Fitness

KINA 029A	BEGINNING STRENGTH TRAINING
KINA 029B	INTERMEDIATE STRENGTH TRAINING
KINA 029C	ADVANCED STRENGTH TRAINING
KINA 030	FITNESS TESTING AND INDEPENDENT EXERCISE
KINA 032A	BEGINNING FITNESS ACTIVITIES
KINA 032B	INTERMEDIATE FITNESS ACTIVITIES
KINA 032C	ADVANCED FITNESS ACTIVITIES
KINA 033	STRETCHING FITNESS ACTIVITY
KINA 036	AEROBIC FITNESS
KINA 038	CARDIOVASCULAR CONDITIONING
KINA 039A	CYCLING FOR FITNESS
KINA 039B	BEGINNING CYCLING FOR FITNESS - STATIONARY, INDOOR

Team Sports

KINA 046A	BEGINNING BADMINTON
KINA 046B	INTERMEDIATE BADMINTON
KINA 046C	ADVANCED BADMINTON
KINA 054A	BEGINNING TENNIS
KINA 054B	INTERMEDIATE TENNIS
KINA 054C	ADVANCED TENNIS
KINA 065A	BEGINNING BASKETBALL
KINA 065B	INTERMEDIATE BASKETBALL
KINA 065C	ADVANCED BASKETBALL
KINA 069A	BEGINNING SOCCER

KINA 069B	INTERMEDIATE SOCCER	
KINA 081A	BEGINNING VOLLEYBALL	
KINA 081B	INTERMEDIATE VOLLEYBALL	
KINA 081C	ADVANCED VOLLEYBALL	
List A		
Select two of the following:		7-10
STAT 018	STATISTICS FOR BEHAVIORAL AND SOCIAL SCIENCES	
	or STAT 050 ELEMENTARY STATISTICS	
BIOL 011	GENERAL BIOLOGY	
	or BIOL 010ACELLULAR BIOLOGY, GENETICS AND EVOLUTION	
CHEM 002A	CHEMISTRY - GENERAL, ORGANIC AND BIOCHEMISTRY I	
	or CHEM 001GENERAL CHEMISTRY AND CHEMICAL ANALYSIS I	
PHYS 002A	GENERAL PHYSICS	
	or PHYS 001PHYSICS FOR SCIENTISTS AND ENGINEERS I: MECHANICS	
KINT 005	FIRST AID-RESPONDING TO EMERGENCIES	
Required Subtotal		21-24
CSU General Education or IGETC CSU Pattern		37-39
Transferable Electives (as needed to reach 60 transferable units)		
Degree Total		60

Visit the Program Mapper (<https://pasadena-city.programmapper.ws/academics/interest-clusters/8353468c-9ac9-4b4b-a310-843b126d204c/programs/60661673-3b00-2693-227b-08d49d9696e6/>) for a suggested sequence of courses.

General Education Requirements for the Associate in Arts Degree for Transfer

- General Information (<https://curriculum.pasadena.edu/academic-programs-leading-degree-certificate/>)
- CSU Breadth (<https://curriculum.pasadena.edu/academic-programs-leading-degree-certificate/#csubreadthtext>)
- IGETC (<https://curriculum.pasadena.edu/academic-programs-leading-degree-certificate/#igetctext>)

Similar Programs

Kinesiology and Wellness AA (<https://curriculum.pasadena.edu/academic-programs/kinesiology/kinesiology-wellness-aa/>)