

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.
- obtainment 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 004H	FLAMENCO DANCE
DANC 005A	SOCIAL DANCE I
DANC 005B	SOCIAL DANCE II
DANC 006A	TAP DANCE I
DANC 006B	TAP DANCE II
DANC 009A	MODERN DANCE I
DANC 009B	MODERN DANCE II
DANC 011A	BALLET I
DANC 011B	BALLET II
DANC 013	PILATES-BASED METHOD FOR ALIGNMENT AND CORRECTION
DANC 014A	HIP HOP DANCE I
DANC 014B	HIP HOP DANCE II
DANC 015A	JAZZ DANCE I
DANC 015B	JAZZ DANCE II

Fitness

KINA 029A	BEGINNING STRENGTH TRAINING
KINA 0	

KINA 045B	INTERMEDIATE CROSS TRAINING
KINA 050A	BEGINNING WEIGHT TRAINING FOR WOMEN
KINA 050B	INTERMEDIATE WEIGHT TRAINING FOR WOMEN
KINA 050C	ADVANCED WEIGHT TRAINING FOR WOMEN
KINA 052	GUTS AND BUTTS
KINA 053A	BEGINNING BOOT CAMP
KINA 053B	INTERMEDIATE BOOT CAMP
KINA 053C	ADVANCED BOOT CAMP
Individual Sports	
KINA 041A	BEGINNING TAI CHI
KINA 041B	INTERMEDIATE TAI CHI
KINA 049A	BEGINNING GOLF
KINA 049B	INTERMEDIATE GOLF
KINA 049C	ADVANCED GOLF
Team Sports	
KINA 035A	BEGINNING ULTIMATE FRISBEE
KINA 035B	INTERMEDIATE ULTIMATE FRISBEE
KINA 043A	BEGINNING FLAG FOOTBALL
KINA 043B	INTERMEDIATE FLAG FOOTBALL
KINA 043C	ADVANCED FLAG FOOTBALL
KINA 046A	BEGINNING BADMINTON
KINA 046B	INTERMEDIATE BADMINTON
KINA 046C	ADVANCED BADMINTON
KINA 051A	BEGINNING INDOOR FUTSAL
KINA 051B	INTERMEDIATE INDOOR FUTSAL
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
KINA 082A	BEGINNING SAND VOLLEYBALL
KINA 082B	INTERMEDIATE SAND VOLLEYBALL

LIST A - SELECT TWO 6-10

CHEM 002A	CHEMISTRY - GENERAL, ORGANIC AND BIOCHEMISTRY I
or CHEM 0010	GENERAL CHEMISTRY AND CHEMICAL ANALYSIS I
HED 044	HEALTH EDUCATION
KINT 005	FIRST AID - RESPONDING TO EMERGENCIES
PHYS 002A	GENERAL PHYSICS I: MECHANICS AND THERMAL PHYSICS
or PHYS 008	PHYSICS FOR SCIENTISTS AND ENGINEERS I: MECHANICS
PSYC 001	INTRODUCTORY PSYCHOLOGY

or PSYC 001 HONORS INTRODUCTORY PSYCHOLOGY

or SOC 001 INTRODUCTORY SOCIOLOGY

or SOC 001 HONORS INTRODUCTORY SOCIOLOGY

STAT 015 STATISTICS FOR BUSINESS AND ECONOMICS

or STAT 018 STATISTICS FOR BEHAVIORAL AND SOCIAL SCIENCES

or STAT 050 ELEMENTARY STATISTICS

or STAT 050 HONORS ELEMENTARY STATISTICS

Required Subtotal 20-24

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 (