

**KINESIOLOGY—ASSOCIATE IN ARTS IN KINESIOLOGY FOR TRANSFER DEGREE (AA-T)**

**PROGRAM DESCRIPTION**

The Associate in Arts in Kinesiology for Transfer Degree provides formalized educational opportunities for the development and acquisition of motor skills, improved physical fitness and their application to sports and physical activities. The curriculum covers a broad knowledge base that serves the diverse needs of students who wish to obtain an in-depth understanding of the field while providing a clear pathway to students who wish to transfer to a CSU campus. Baccalaureate programs may include, but are not limited to, exercise science, health promotion, physical education, therapeutic exercise & rehabilitation, and exercise & movement science. The Associate in Arts for Transfer Degree in Kinesiology for Transfer can provide a foundation for students interested in working in these careers or careers in related fields.

Four-year graduates in Physical Education and Kinesiology are qualified for positions in coaching, education, industry wellness centers and allied medical fields.

For detailed requirements for individual four-year institutions, students should contact the transfer institution and /or meet with a counselor for specific transfer course requirements in their major.

**FOR MORE INFORMATION, CONTACT:** Daniel Teresa, Athletic Director at (831) 755-6837, [dteresa@hartnell.edu](mailto:dteresa@hartnell.edu)  
 Rich Givens, Student Athlete Counselor at (831) 755-6848, [rgivens@hartnell.edu](mailto:rgivens@hartnell.edu)

**PROGRAM OUTCOMES**

Upon successful completion of the Associate in Arts in Kinesiology for Transfer Degree, a student should be able to:

- Demonstrate competence in performing a variety of skill-related behaviors.
- Describe health and physical activity concepts that will enable him or her to make informed decisions concerning health.
- Recognize health issues, understanding the similarities and contrasts among cultures.
- Demonstrate sensitivity to cultural and physical diversity.
- Explain the value and significance of physical activity for human development, human interaction and quality of life and its relationship to their particular disability.
- Transfer into the traditional Kinesiology major and will be eligible and prepared for admission to California State University System institutions (SB1440 and Ed Code 66746)

California Community Colleges are now offering associate degrees for transfer to the CSU. These may include Associate in Arts (AA-T) or Associate in Science (AS-T) degrees. These degrees are designed to provide a clear pathway to a CSU major and baccalaureate degree. California Community College students who are awarded an AA-T or AS-T degree are guaranteed admission with junior standing somewhere in the CSU system and given priority admission consideration to their local CSU campus or to a program that is deemed similar to their community college major. This priority does not guarantee admission to specific majors or campuses.



**Associate Degree  
for Transfer**  
*A Degree with a Guarantee.™*

Students who have been awarded an AA-T or AS-T are able to complete their remaining requirements for the 120-unit baccalaureate degree within 60 semester or 90 quarter units.

- \*(1) Completion of 60 semester units or 90 quarter units that are eligible for transfer to the California State University, 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) Obtainment of a minimum grade point average of 2.0."

ADTs also require that students must earn a C or better in all courses required for the major or area of emphasis. A "P" (Pass) grade is not an acceptable grade for courses in the major.

| ✓ | REQUIRED MAJOR COURSES  | Course No.       | Course Title                                      | Units       |
|---|---|------------------|---|-------------|
|   | Required Major Course   | PETH-1           | Introduction to Kinesiology                       | 3.0         |
|   | Required Major Course   | BIO-5            | Human Anatomy                                     | 4.0         |
|   | Required Major Course   | BIO-6 and 6L     | Introductory Physiology and Physiology Laboratory | 3.0 and 2.0 |
|   |   |                  | <b>SUBTOTAL UNITS (12.0)</b>                      |             |
| ✓ | Required Major Movement Based Courses: (Minimum 3) Select at least one (1) course from any three (3) of the following areas for a maximum of three units. | Course No.       | Course Title                                      | Units       |
|   | Aquatics  | PEAC-61          | Beginning Swimming                                | 1.5         |
|   | Combatives  | PEAC-56          | Self-Defense/Martial Arts                         | 2.0         |
|   | Fitness   | PEAC-58          | Beginning Tennis                                  | 1.0-1.5     |
|   |   | PEAC-66          | Zumba Aerobics                                    | 1.5         |
|   |   | PEAC-69          | Introduction to Weight Training                   | .5-2.0      |
|   | Individual Sports   | PEAC-64          | Beginning Golf                                    | 1.0-1.5     |
|   | Team Sports   | PEAC-52          | Volleyball  | 1.5         |
|   |   | PEAC-55          | Soccer  | 1.5         |
|   |   | PEAC-70          | Basketball  | 1.5         |
|   |   |                  | <b>SUBTOTAL UNITS (3.0-5.5)</b>                   |             |
| ✓ | RESTRICTED MAJOR ELECTIVES (Select a minimum of 6 units from the following:)  | Course No.       | Course Title                                      | Units       |
|   | Restricted Major Elective   | MAT-13           | Elementary Statistics                             | 5.0         |
|   | Restricted Major Elective   | CHM-1A           | General Chemistry                                 | 5.0         |
|   | Restricted Major Elective   | PHY-2A or PHY-4A | College Physics I or General Physics/Mechanics I  | 4.0         |
|   | Restricted Major Elective   | HED-55           | Health Education-Advanced First Aid               | 3.0         |
|   |   |                  | <b>SUBTOTAL UNITS (7.0-10.0)</b>                  |             |
| ✓ | REQUIRED GENERAL EDUCATION COURSES (Students can double count General Education courses with major courses.)  |                  |   | Units       |
|   | Choose either A. CSU-GE or B. IGETC for the General Education pattern related to your educational goal:   |                  |   |             |
|   | A. Minimum units to meet CSU-GE breadth certification requirements (39 units): OR   |                  |   | 39.0        |
|   | B. Minimum units to meet IGETC (34-37.00 units) certification requirements  |                  |   | 37.0        |
|   | <i>AS-T Kinesiology</i> Required Major and Restricted Electives   |                  |   | 22-27.5     |
|   | Electives(Courses numbered 1-99) required when degree units plus GE units total fewer than 60.0   |                  |   | 50-14       |
|   | <b>TOTAL</b>  |                  |   | <b>60.0</b> |

Students can double-count required degree courses and courses for General Education

**TRANSFER STUDENTS:** Students planning to transfer to a university should follow the requirements of the four-year university. Information on course equivalencies and major preparation requirements for the University of California (UC) and California State University (CSU) systems are available online at [www.assist.org](http://www.assist.org). Please consult with a Hartnell College counselor to review transfer requirements.