

# KINESIOLOGY, A.A.-T

An A.A.-T in Kinesiology for Transfer will fulfill the requirements for students to transfer to a CSU university as a Kinesiology major. The courses in the A.A.-T in Kinesiology provide students with an ability to design appropriate programs for health, fitness and competitions, apply principles of exercise assessments, and critique scientific literature, identify exercise protocols, and synthesize information in problem solving as it relates to human movement.

AS.KINE.OPTBAST or AS.KINE.OPTCAST

## Program Map Design Your Future!

Begin by exploring MSJC program maps to find career or transfer (<https://msjc.emsicc.com/?radius=&region=All%20Regions>) opportunities. Program maps show the recommended course sequence that leads to graduation or transfer. The maps were developed by program experts to give you the skills and knowledge you need to succeed.

- **Starting in Spring?** Choose Fall Semester 1 courses.
- **Are you a part-time student?** Start Fall Semester 1 courses and follow the course sequence.

## CSU: General Education Option B

Fall Semester 1		Units
ENGL-101	College Composition (formerly Freshman Composition)	4
COMM-100	Public Speaking	3
MATH-140	Introduction to Statistics	3
CSCR-100	College Success and Career Readiness	3
PE-195	Introduction to Kinesiology	3
<b>Units</b>		<b>16</b>
Spring Semester 1		Units
CHEM-101 or CHEM-107	General Chemistry I or Chemistry of Life	5
ENGL-103 or PHIL-112	Critical Thinking and Writing or Critical Thinking and Composition	3
Select one of the following:		1
PE-116	Introduction to Softball (formerly Introduction to Athletic Techniques: Softball)	
PE-133	Individual and Group Sports: Basketball	
PE-134	Introduction to Volleyball	
PE-137	Individual and Group Sports: Soccer	
PE-183	Self-Defense	
BIOL-100 or BIOL-115	Human Biology or Introductory Topics in Biology: Cells to Ecosystems (formerly Topics in Biology)	4
Select one of the following:		1
PE-112	Body Conditioning	
PE-112A	Step Aerobics & Circuit Training (formerly Beginning Step Aerobics)	
PE-113	Introduction to Jogging (formerly Jogging)	

PE-114A	Strength Training: Circuit	
PE-114B	Strength Training: Free Weights	
PE-114C	Powerlifting	
PE-119	Exercise Walking	
PE-119B	Intermediate Fitness Walking	
PE-120	Beginning Yoga	
<b>Units</b>		<b>14</b>
Fall Semester 2		Units
DAN-100	History and Appreciation of Dance	3
PS-101	Introduction to American Government and Politics	3
ANAT-101	Human Anatomy & Physiology I	4
Select one of the following:		1
DAN-120	Conditioning and Alignment for Dance	
DAN-121A	Beginning Ballet	
DAN-122A	Beginning Modern Dance	
DAN-123A	Beginning Jazz Dance	
DAN-124	Beginning Tap Dance	
DAN-126A	Intermediate Modern Dance	
DAN-129	Intermediate Tap Dance	
DAN-131A	Beginning Hip Hop (formerly DAN-131)	
DAN-131B	Advanced Beginning Hip Hop	
PE-132	Beginning Tennis	
HIST-111 or HIST-112	U.S. History to 1877 or U.S. History Since 1865	3
<b>Units</b>		<b>14</b>
Spring Semester 2		Units
ANAT-102	Human Anatomy & Physiology II	4
PHIL-101	Introduction to Philosophy I	3
NUTR-100	Family Nutrition	3
HIST-107 or HIST-108	The History of East Asia Before 1600 or The History of East Asia Since 1600	3
Select one of the following:		3
HIST-160	Black History in the American Context	
LIT-275	Latinx/Chicanx Literature	
LIT-280	Multiethnic Literature (formerly ENGL-280)	
PS-103	Ethnic Politics in America	
<b>Units</b>		<b>16</b>
<b>Total Units</b>		<b>60</b>

**NOTE:** Major prep will change depending on the transfer institution. Please see a counselor for developing an accurate educational plan.

## CSUSM: General Education Option B

Fall Semester 1		Units
ENGL-101	College Composition (formerly Freshman Composition)	4
COMM-100	Public Speaking	3
MATH-110 or MATH-140	Pre-Calculus <sup>2</sup> or Introduction to Statistics	4
CSCR-100	College Success and Career Readiness	3
PE-195	Introduction to Kinesiology	3
<b>Units</b>		<b>17</b>

**Spring Semester 1**

PE-115	First Aid and CPR	3
ENGL-103 or PHIL-112	Critical Thinking and Writing or Critical Thinking and Composition	3
HIST-111 or HIST-112	U.S. History to 1877 or U.S. History Since 1865	3
Select one of the following:		1
PE-116	Introduction to Softball (formerly Introduction to Athletic Techniques: Softball)	
PE-133	Individual and Group Sports: Basketball	
PE-134	Introduction to Volleyball	
PE-137	Individual and Group Sports: Soccer	
BIOL-100	Human Biology	4
<b>Units</b>		<b>14</b>

**Summer 1**

CHEM-107 or CHEM-101	Chemistry of Life <sup>1</sup> or General Chemistry I	5
<b>Units</b>		<b>5</b>

**Fall Semester 2**

DAN-100	History and Appreciation of Dance	3
PS-101	Introduction to American Government and Politics	3
ANAT-101	Human Anatomy & Physiology I	4
Select one of the following:		1
DAN-120	Conditioning and Alignment for Dance	
DAN-121A	Beginning Ballet	
DAN-122A	Beginning Modern Dance	
DAN-123A	Beginning Jazz Dance	
DAN-124	Beginning Tap Dance	
DAN-126A	Intermediate Modern Dance	
DAN-129	Intermediate Tap Dance	
DAN-131A	Beginning Hip Hop (formerly DAN-131)	
DAN-131B	Advanced Beginning Hip Hop	
PE-132	Beginning Tennis	
Select one of the following:		3
HIST-160	Black History in the American Context	
LIT-275	Latinx/Chicanx Literature	
LIT-280	Multiethnic Literature (formerly ENGL-280)	
PS-103	Ethnic Politics in America	
<b>Units</b>		<b>14</b>

**Spring Semester 2**

ANAT-102	Human Anatomy & Physiology II	4
PHIL-101	Introduction to Philosophy I	3
NUTR-100	Family Nutrition	3
HIST-107 or HIST-108	The History of East Asia Before 1600 or The History of East Asia Since 1600	3
Select one of the following:		1
PE-112	Body Conditioning	
PE-112A	Step Aerobics & Circuit Training (formerly Beginning Step Aerobics)	
PE-113	Introduction to Jogging (formerly Jogging)	
PE-114A	Strength Training: Circuit	

PE-114B	Strength Training: Free Weights	
PE-114C	Powerlifting	
PE-119	Exercise Walking	
PE-119B	Intermediate Fitness Walking	
PE-120	Beginning Yoga	
PE-183	Self-Defense	
<b>Units</b>		<b>14</b>
<b>Total Units</b>		<b>64</b>

<sup>1</sup> Depends on career emphasis.<sup>2</sup> Which math course you should take depends on the Kinesiology chosen for CSUSM**NOTE:** Math/Chem/Phy will depend on Kines-emphasis in Movement Science or Health Science. Pre-Calc required for Movement Science.

## Requirements

Course	Title	Credits
<b>Required Core Courses</b>		
ANAT-101	Human Anatomy & Physiology I	4
ANAT-102	Human Anatomy & Physiology II	4
PE-195	Introduction to Kinesiology	3
<b>Required Movement-Based Courses</b>		
Select one course maximum from any three of the following areas:		3-5
<i>Area 1: Aquatics (no MSJC equivalent)</i>		
<i>Area 2: Combatives</i>		
PE-183	Self-Defense	
<i>Area 3: Dance</i>		
DAN-120	Conditioning and Alignment for Dance	
DAN-121A	Beginning Ballet	
DAN-122A	Beginning Modern Dance	
DAN-123A	Beginning Jazz Dance	
DAN-124	Beginning Tap Dance	
DAN-126A	Intermediate Modern Dance	
DAN-129	Intermediate Tap Dance	
DAN-131A	Beginning Hip Hop (formerly DAN-131)	
DAN-135A	Intermediate Hip Hop	
<i>Area 4: Fitness</i>		
PE-112	Body Conditioning	
PE-112A	Step Aerobics & Circuit Training (formerly Beginning Step Aerobics)	
PE-113	Introduction to Jogging (formerly Jogging)	
PE-114A	Strength Training: Circuit	
PE-114B	Strength Training: Free Weights	
PE-114C	Powerlifting	
PE-119	Exercise Walking	
PE-119B	Intermediate Fitness Walking	
PE-120	Beginning Yoga	
<i>Area 5: Individual Sports</i>		
PE-132	Beginning Tennis	
<i>Area 6: Team Sports</i>		

PE-116	Introduction to Softball (formerly Introduction to Athletic Techniques: Softball)
PE-133	Individual and Group Sports: Basketball
PE-134	Introduction to Volleyball
PE-137	Individual and Group Sports: Soccer

**List A: Select two**

Select two of the following: 6-9

BIOL-100	Human Biology
CHEM-101	General Chemistry I
or CHEM-101H	Honors General Chemistry I
or CHEM-107	Chemistry of Life
PE-115	First Aid and CPR
PSYC/SOCI-121	Statistics for Behavioral Sciences
or MATH-140	Introduction to Statistics
PHY-101	Basic Physics: Energy and Motion
or PHY-201	Mechanics and Wave Motion

**Total Units 20-25**

Course	Title	Credits
<b>Units for Major</b>		<b>20-25</b>
<b>CSU General Education or IGETC Pattern</b>		<b>37-39</b>

Possible double counting: 10-14 units

**Transferable Electives (as needed to reach 60 CSU transferable units)****Total Units for A.S.-T Degree: 60 units**

The overall requirements for this Associates Degree for Transfer (ADT) can be met by:

- Completion of 60 semester units or 90 quarter units that are eligible for transfer to the California State University (CSU) or University of California (UC).
- Completion of California State University General Education-Breadth Requirements (CSUGE) or the Intersegmental General Education Transfer Curriculum (IGETC).
- Completion of a minimum of 18 semester units or 27 quarter units in a major or area of emphasis, as determined by the community college district.
- Completion of a minimum grade point average of 2.0.

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 if pass is defined as a grade of C or better. ADTs are intended for students who plan to complete a bachelor's degree in a similar major at a CSU campus. A student completing an ADT is guaranteed admission to the CSU system, but not a particular campus or major. Students should meet with a Counselor to develop a comprehensive educational plan to further understand university and transfer requirements.

## Career Exploration

Discover information about careers that interest you!

2. Search available **in-demand jobs** (<https://msjc.emsicc.com/browse-careers/>) in your career areas of interest and find up-to-date salaries and education requirements.
3. Find the **MSJC Program** (<https://msjc.emsicc.com/browse-programs/>) that connects your interests to a career.

Note: There are no guaranteed positions for students completing these programs. Education and work experience required will vary by employer. The salary and benefits for specific occupations will be dependent on work experience, education, background, and employer.

1. Take a **Career Quiz** (<https://msjc.emsicc.com/assessment/>) to learn about yourself and receive career suggestions based on your interests.