Kinesiology: Associate in Arts for Transfer (AA-T)

The Associate in Arts in Kinesiology for Transfer (AA-T in Kinesiology) is designed to introduce the student to many facets of the science and study of movement. Kinesiology courses enhance skills and physical development in combatives, dance, individual and team sports, fitness and theory, and provide a foundation for understanding human anatomy and physiology. Students completing this program successfully will be able to demonstrate an understanding of the major systems of the human body as they relate to movement and activity by identifying, explaining, and applying principles of anatomy and physiology in various contexts. Students who complete the Kinesiology AA-T meet the lower-division requirements for transfer to a four-year program of study in Kinesiology.

Program Learning Outcomes:

- Demonstrate an understanding of the major systems of the human body as they relate to movement and activity by identifying, explaining, and applying principles of anatomy and physiology in various contexts.
- Critically analyze movement and effectively communicate their analysis.

Career/Transfer Opportunities:

Students have the skills and knowledge to transfer to a four-year institution (with the completion of the Associate in Arts in Kinesiology for Transfer (AA-T in Kinesiology), and pursue a career in the following areas: coach, teacher, athletic trainer, sports management, sports medicine, dance therapy, and choreography.

To earn this degree, students must meet the following requirements:

1. Completion of the following major courses with grades of C or better.
2. Completion of a maximum of 60 CSU-transferable semester units with a grade point average of at least 2.0; and
3. Certified completion of either the California State University General Education Breadth pattern (CSU GE-B) or the Intersegmental General Education Transfer Curriculum (IGETC).

Core Requirement Courses (14 Units):

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
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</thead>
<tbody>
<tr>
<td>BIO 047</td>
<td>Human Anatomy</td>
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</tr>
<tr>
<td>BIO 048</td>
<td>Human Physiology</td>
<td>5.0</td>
</tr>
<tr>
<td>KIN 078</td>
<td>Introduction to Kinesiology</td>
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Movement Based Courses: Complete three (3) courses from three (3) different movement based areas for a minimum of three (3) units: Combatives, Dance, Fitness, Individual Sports, Team Sports.

Combatives:

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
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<tbody>
<tr>
<td>KIN 050A</td>
<td>Tai Chi - Introduction</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 050B</td>
<td>Tai Chi - Beginning</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 051A</td>
<td>Aikido - Introduction</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 051B</td>
<td>Aikido - Beginning</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 053A</td>
<td>Karate - Introduction</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 053B</td>
<td>Karate - Beginning</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 055A</td>
<td>Self-Defense - Introduction</td>
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Dance:

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
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<tbody>
<tr>
<td>KIN 040A</td>
<td>Modern Dance - Introduction</td>
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<tr>
<td>KIN 041A</td>
<td>Ballet - Introduction</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 041B</td>
<td>Ballet - Beginning</td>
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</tr>
<tr>
<td>KIN 041C</td>
<td>Ballet - Intermediate</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 041D</td>
<td>Ballet - Advanced</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 042A</td>
<td>Jazz Dance - Introduction</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 042B</td>
<td>Jazz Dance - Beginning</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 046A</td>
<td>Ballroom Dancing - Introduction</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 046C</td>
<td>Ballroom Dance - Intermediate</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 046B</td>
<td>Ballroom Dancing - Beginning</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 046D</td>
<td>Ballroom Dance - Advanced</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 047A</td>
<td>Hip Hop - Introduction</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 047B</td>
<td>Hip Hop - Beginning</td>
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</tr>
<tr>
<td>KIN 048A</td>
<td>Latin Dance/Salsa - Introduction</td>
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</tr>
<tr>
<td>KIN 048B</td>
<td>Latin Dance/Salsa - Beginning</td>
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Fitness:

<table>
<thead>
<tr>
<th>Course</th>
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<th>Units</th>
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<tbody>
<tr>
<td>KIN 030A</td>
<td>Pilates Matwork - Introduction</td>
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<tr>
<td>KIN 030B</td>
<td>Pilates Matwork - Beginning</td>
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</tr>
<tr>
<td>KIN 031A</td>
<td>Step Aerobics - Introduction</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 031B</td>
<td>Step Aerobics - Beginning</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 032A</td>
<td>Aerobics-Introduction</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 032B</td>
<td>Aerobics - Beginning</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 033A</td>
<td>Kickboxing Fitness - Introduction</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 033B</td>
<td>Kickboxing Fitness - Beginning</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 035A</td>
<td>Weight Training - Introduction</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 035B</td>
<td>Weight Training - Beginning</td>
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</tr>
<tr>
<td>KIN 035C</td>
<td>Weight Training - Intermediate</td>
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<tr>
<td>KIN 037A</td>
<td>Cardio-Cross Training - Introduction</td>
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<tr>
<td>KIN 037B</td>
<td>Cardio-Cross Training - Beginning</td>
<td>1.0</td>
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<tr>
<td>KIN 038A</td>
<td>Lower Body Conditioning Introduction</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 038B</td>
<td>Lower Body Conditioning Beginning</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 038C</td>
<td>Lower Body Conditioning - Intermediate</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 038D</td>
<td>Lower Body Conditioning Advanced</td>
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</tbody>
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kaitlin.ferguson@missioncollege.edu
Dean: Ray Vasquez
### KINESIOLOGY

**missioncollege.edu/depts/kinesiology**

**Kinesiology: Associate in Arts for Transfer (AA-T) Continued**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Units</th>
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<tbody>
<tr>
<td>KIN 061A</td>
<td>Hatha Yoga - Introduction</td>
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</tr>
<tr>
<td>KIN 061B</td>
<td>Hatha Yoga - Beginning</td>
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</tr>
<tr>
<td>KIN 061C</td>
<td>Hatha Yoga - Intermediate</td>
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</tr>
<tr>
<td>KIN 063A</td>
<td>Hiking - Introduction</td>
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</tr>
<tr>
<td>KIN 063B</td>
<td>Hiking - Beginning</td>
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**Individual Sports:**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Units</th>
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<tbody>
<tr>
<td>KIN 021A</td>
<td>Tennis - Introduction</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 021B</td>
<td>Tennis - Beginning</td>
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</tr>
<tr>
<td>KIN 021C</td>
<td>Tennis - Intermediate</td>
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<td>KIN 021D</td>
<td>Tennis - Advanced</td>
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<td>KIN 021E</td>
<td>Tennis - Tournament</td>
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<tr>
<td>KIN 021F</td>
<td>Tennis - Doubles Strategies and Play</td>
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<tr>
<td>KIN 023A</td>
<td>Archery: Introduction</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 020A</td>
<td>Badminton - Introduction</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 020B</td>
<td>Badminton: Beginning</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 020C</td>
<td>Badminton - Intermediate</td>
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**Team Sports:**

<table>
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<tr>
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<th>Course Name</th>
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<tbody>
<tr>
<td>KIN 014A</td>
<td>Volleyball - Introduction</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 014B</td>
<td>Volleyball - Beginning</td>
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</tr>
<tr>
<td>KIN 015A</td>
<td>Basketball - Introduction</td>
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</tr>
<tr>
<td>KIN 015B</td>
<td>Basketball - Beginning</td>
<td>1.0</td>
</tr>
<tr>
<td>KIN 019A</td>
<td>Soccer - Introduction</td>
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<tr>
<td>KIN 019B</td>
<td>Soccer - Beginning</td>
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**List A. (6-10 units) Complete Two (2) Courses:**

<table>
<thead>
<tr>
<th>Course Code</th>
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<tbody>
<tr>
<td>BIO 011</td>
<td>Human Biology</td>
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<tr>
<td>CHM 001A</td>
<td>General Chemistry I</td>
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<tr>
<td>CHM 030A</td>
<td>Fundamentals of Chemistry</td>
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<tr>
<td>MAT 010</td>
<td>Elementary Statistics</td>
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<tr>
<td>PHY 002A</td>
<td>General Physics - Mechanics and Thermodynamics</td>
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</tr>
</tbody>
</table>

**Required Units for the Major:**

24.0-27.0

Completion of General Education Requirements and electives as needed to reach 60 units.

**Total Required Units:**

60.0