

KINESIOLOGY

missioncollege.edu/depts/kinesiology

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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 a 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):

		Units
BIO 047	Human Anatomy	5.0
BIO 048	Human Physiology	5.0
KIN 078	Introduction to Kinesiology	3.0

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:

		Units
KIN 050A	Tai Chi - Introduction	1.0
KIN 050B	Tai Chi - Beginning	1.0
KIN 051A	Aikido - Introduction	1.0
KIN 051B	Aikido - Beginning	1.0
KIN 053A	Karate - Introduction	1.0
KIN 053B	Karate - Beginning	1.0
KIN 055A	Self-Defense - Introduction	1.0

Dance:

		Units
KIN 040A	Modern Dance - Introduction	1.0
KIN 041A	Ballet - Introduction	1.0
KIN 041B	Ballet - Beginning	1.0
KIN 041C	Ballet - Intermediate	1.0
KIN 041D	Ballet - Advanced	1.0
KIN 042A	Jazz Dance - Introduction	1.0
KIN 042B	Jazz Dance - Beginning	1.0
KIN 046A	Ballroom Dancing - Introduction	1.0
KIN 046C	Ballroom Dance - Intermediate	1.0
KIN 046B	Ballroom Dancing - Beginning	1.0
KIN 046D	Ballroom Dance - Advanced	1.0
KIN 047A	Hip Hop - Introduction	1.0
KIN 047B	Hip Hop - Beginning	1.0
KIN 048A	Latin Dance/Salsa - Introduction	1.0
KIN 048B	Latin Dance/Salsa - Beginning	1.0

Fitness:

		Units
KIN 030A	Pilates Matwork - Introduction	1.0
KIN 030B	Pilates Matwork - Beginning	1.0
KIN 031A	Step Aerobics - Introduction	1.0
KIN 031B	Step Aerobics - Beginning	1.0
KIN 032A	Aerobics-Introduction	1.0
KIN 032B	Aerobics- Beginning	1.0
KIN 033A	Kickboxing Fitness- Introduction	1.0
KIN 033B	Kickboxing Fitness - Beginning	1.0
KIN 035A	Weight Training - Introduction	1.0
KIN 035B	Weight Training - Beginning	1.0
KIN 035C	Weight Training - Intermediate	1.0
KIN 037A	Cardio-Cross Training - Introduction	1.0
KIN 037B	Cardio-Cross Training - Beginning	1.0
KIN 038A	Lower Body Conditioning Introduction	1.0
KIN 038B	Lower Body Conditioning Beginning	1.0
KIN 038C	Lower Body Conditioning - Intermediate	1.0
KIN 038D	Lower Body Conditioning Advanced	1.0

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

KIN 061A	Hatha Yoga - Introduction	1.0
KIN 061B	Hatha Yoga - Beginning	1.0
KIN 061C	Hatha Yoga - Intermediate	1.0
KIN 063A	Hiking - Introduction	1.0
KIN 063B	Hiking - Beginning	1.0

Individual Sports: Units

KIN 021A	Tennis - Introduction	1.0
KIN 021B	Tennis - Beginning	1.0
KIN 021C	Tennis - Intermediate	1.0
KIN 021D	Tennis - Advanced	1.0
KIN 021E	Tennis - Tournament	2.0
KIN 021F	Tennis - Doubles Strategies and Play	1.5
KIN 023A	Archery: Introduction	1.0
KIN 020A	Badminton - Introduction	1.0
KIN 020B	Badminton: Beginning	1.0
KIN 020C	Badminton - Intermediate	1.0

Team Sports: Units

KIN 014A	Volleyball - Introduction	1.0
KIN 014B	Volleyball - Beginning	1.0
KIN 015A	Basketball - Introduction	1.0
KIN 015B	Basketball - Beginning	1.0
KIN 019A	Soccer - Introduction	1.0
KIN 019B	Soccer - Beginning	1.0

List A. (6-10 units) Complete Two (2) Courses: Units

BIO 011	Human Biology	4.0
CHM 001A	General Chemistry I	5.0
CHM 030A	Fundamentals of Chemistry	4.0
MAT 010	Elementary Statistics	4.0
PHY 002A	General Physics - Mechanics and Thermodynamics	5.0

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