



A Course of Study for

KINESIOLOGY AA-T

Kinesiology — a rapidly expanding field in the fitness and healthcare arena — is the study of human development, anatomy, physiology, mechanics, and motor learning. Within each kinesiology subdiscipline, students learn about stressors — both positive and negative — that govern human performance. Class discussions focus on numerous clinical conditions, and the exercise, nutritional, and medical techniques that can be used to prevent and control these problems.

Most career options in kinesiology require additional education, four-year or graduate degrees, and certification by specified agencies. SMC's kinesiology courses prepare students for advanced studies in kinesiology, physical therapy, exercise physiology, sports medicine, and other related life sciences programs.

PROGRAM OFFERED

- Transfer Preparation

DEGREES

- Kinesiology Associate Degree for Transfer
Students may satisfy the requirements of this degree with approved courses (which may be fewer units) taken at other California community colleges. The courses listed below are SMC courses. If completed entirely at SMC, the Area of Emphasis requires 21 units.
- Athletic Coaching Associate Degree

ASSOCIATE DEGREE IN KINESIOLOGY FOR TRANSFER TO THE CSU

The Associate in Arts for Transfer (AA-T) is designed to facilitate transfer admission to a CSU in a similar major. If you are considering transfer to a UC, private, or out-of-state school, consult a counselor regarding the transfer requirements of that institution.

Associate Degree for Transfer Requirements:

- completion of at least 60 CSU-transferable semester including:
 - completion of the Area of Emphasis with a grade of C or higher in each course or with a P if the course was taken on a Pass/No Pass basis, and the P is equal to a C or higher (Title 5 §55063)
 - completion of either CSU GE or IGETC; students transferring to CSU using IGETC must complete Area 1C (see www.smc.edu/articulation or visit the General Counseling and Transfer Services Center)
 - a minimum of 12 degree applicable semester units completed at SMC
 - a minimum overall GPA of 2.0 in all CSU-transferable units

Note: while a minimum GPA of 2.0 is required for admission to a CSU, some majors/campuses may require a higher GPA. Please consult with a counselor for details.

CATALOG RIGHTS

A student may satisfy the requirements of a degree that were in effect at any time of the student's *continuous* enrollment. Continuous enrollment means attendance in at least one semester (Fall or Spring) in each academic year.

TRANSFER PREPARATION

Many colleges/universities offer baccalaureate degrees in this field. Students planning to transfer to a four-year college or university should complete the lower-division major requirements and the general education pattern for the specific transfer institution. SMC has articulation agreements with the many UC and CSU campuses, as well as several private and out-of-state institutions.

Exact major requirements for UC and CSU campuses can be found online at assist.org.

A listing of private, nonprofit California colleges and universities can be found online at aiccu.edu. For articulation agreements between SMC and some of these institutions see smc.edu/articulation.

SMC offers the **Kinesiology Associate Degree for Transfer**. Students completing this degree are eligible for priority transfer admission consideration in the majors at the **California State University** campuses listed below. In addition, you will be required to complete no more than 60 semester/90 quarter CSU units of coursework after transfer to complete your baccalaureate degree.

NOTE: If you are considering transfer to a UC, private, or out-of-state school, please consult a counselor before applying to transfer, as the transfer requirements may be different from those required for the Kinesiology AA-T.

For the most current list of CSU campuses accepting this Transfer degree visit calstate.edu/transfer/adt-search/search.shtml

KINESIOLOGY, ASSOCIATE DEGREE FOR TRANSFER

The Associate in Arts in Kinesiology for Transfer (AA-T) involves the study of human development, anatomy, physiology, mechanics, and motor learning. Within each sub discipline, students study stressors—both positive and negative—that govern human performance. In addition, discussions focus on exercise, nutrition, and techniques used to achieve health and wellness. Students develop and integrate the concepts and principles from each sub discipline to understand the complexity of the human body.

Upon completion of the Associate in Arts in Kinesiology for Transfer (AA-T), students will have a strong academic foundation in the field and be prepared for upper-division baccalaureate study. Students who have completed the Associate in Arts for Transfer in Kinesiology will have satisfied the lower division requirements for transfer into Kinesiology or a similar major for many campuses in the California State University system.

Program Learning Outcomes: Upon completion of the program, students will demonstrate skills in anatomy, physiology, kinesiology, and motor learning, as well as an appreciation of the complexity of the human body as it relates to exercise, nutrition, and techniques used to achieve health and wellness.

AREA OF EMPHASIS: (20 UNITS)**Required Core Courses: (11 units)**

ANATMY 1	Human Anatomy	4
PHYS 3	Human Physiology	4
PRO CR 10	Introduction to Kinesiology	3

Movement Based Courses; Select 1 Course from 3 different areas: (3 units)**AQUATICS:**

KIN PE 48A, 48B, 48C, 48D, 49A, 49C, 49D, 50A, 50C, 51A, 51B

COMBATIVES:

KIN PE 34A, 34B, 41W

DANCE:

DANCE 14, 15, 17, 18, 19A, 20, 21A, 22A (formerly DANCE 22), 22B (formerly DANCE 23), 24, 25, 27, 27B, 29, 31A (formerly DANCE 31), 32A (formerly DANCE 32), 41, 42, 60

FITNESS:

KIN PE 2, 10A, 11A, 11B, 11C, 11N, 13, 15A, 17, 19A, 19B, 19C, 19D, 29A, 58A, 58B, 58C

INDIVIDUAL SPORTS:

KIN PE 5A, 5B, 5C, 14A (formerly KIN PE 14), 14B, 14C, 15A, 16A, 25A, 25B, 25C, 25D, 53A, 53B, 54A, 54B, 54C, 54D, 56A, 56B

TEAM SPORTS:

KIN PE 9A, 9B, 9C, 9W, 21, 21C, 43A, 45A, 57A, 57B, 57C, 59A, 59B, 59C

Support Courses; Select 2 Courses from the following: (6 units minimum)

BIOL 2	Human Biology	3

CHEM 10	Introductory General Chemistry	5
<i>or</i>		
CHEM 11	General Chemistry I	5
<i>or</i>		
CHEM 19	Fundamentals of General, Organic, and Biological Chemistry	5

MATH 54	Elementary Statistics	4
PHYSCS 6	General Physics 1 with Lab	4

PHYSCS 8	Calculus-based General Physics 1 with Lab	4
<i>or</i>		
PHYSCS 21	Mechanics with Lab	5