

Kinesiology

Award Type: Associate in Arts for Transfer

The associate in arts in kinesiology for transfer will prepare students to move into the California State University (CSU) system to pursue a baccalaureate degree in such areas as exercise physiology, kinesiology, physical therapy, and teaching. Associate Degree for Transfer Requirements Completion of 60 semester units that are eligible for transfer to the California State University, including the following: 1. Completion of the Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education-Breadth (CSU GE). 2. A minimum of 18 semester units in a major or area of emphasis as determined by the community college district. 3. Obtainment of an overall minimum grade point average of 2.0. 4. Minimum grade of C, or P grade, for each course in the major. [The following Allan Hancock College graduation requirements will not be required: Health and Wellness, Multicultural Gender Studies and Allan Hancock College General Education.]

The graduate of the Associate in Arts for Transfer in Kinesiology will:

- Synthesize health education information and apply principles of exercise in order to improve personal wellness and longevity.
- Demonstrate and evaluate the factors that contribute to a healthy lifestyle and contribute to the prevention of adult-related diseases such as diabetes, obesity and cardiovascular disease.
- Acquire program specific information from various sources with which to better appreciate, analyze, and communicate in different situations, involving diverse individuals and viewpoints.

Program Requirements

A major of 21-23 units is required for the associate in arts in kinesiology for transfer degree. Required core courses (14 units):

Course Number	Course Title	Units
BIOL 124	Human Anatomy	4.0
BIOL 125	Human Physiology	4.0
PE 100	Introduction to Kinesiology	3.0

and a maximum of one (1) course from any three (3) of the following areas (3 units) minimum: Aquatics

Course Number	Course Title	Units
PE 120	Beginning & Intermediate Swimming	1.0
PE 121	Swim Fitness Lab	1.0
PE 122	Swim Fitness Lab	0.5
PE 123	Aerobic Swim	1.0

Combatives

Course Number	Course Title	Units
PE 130	Self Defense	1.0
PE 132	Cardio Kickboxing	1.0
PE 134	Martial Arts Techniques	1.0

Fitness

Course Number	Course Title	Units
PE 133	Beginning Yoga Fitness	1.0
PE 140	Physical Fitness Laboratory	1.0
PE 141	Physical Fitness Laboratory	0.5
PE 142	Low Impact Conditioning Exercises	1.0
PE 143	Step Aerobics	1.0

PE 146	Strength and Flexibility	1.0
PE 154	Jogging/Walking	1.0

Individual Sports

Course Number	Course Title	Units
PE 160	Tennis	1.0

Team Sports

Course Number	Course Title	Units
PE 164	Soccer	1.0
PE 167	Basketball	1.0
PE 170	Softball	1.0
PE 172	Volleyball	1.0

Restricted electives select 2 courses (7-9 units) from the following:

Course Number	Course Title	Units
EMS 102	First Aid & Safety	3.0
MATH 123	Elementary Statistics	4.0
CHEM 150	General Chemistry 1	5.0
PHYS 141	General Physics 1	4.0
	or	
PHYS 161	Engineering Physics 1	4.0

General Education

Complete one of the following:

- a) CSU General Education Breadth - 39 units
- or

- b) Intersegmental General Education Transfer Curriculum (IGETC) - 37 units

Double counting:

Number of units that may be double counted for the major and CSU GE or IGETC - 7-10 units.

Select additional CSU transferrable units as needed to achieve 60 units required for the degree - 5-12 units

Visit [myHancock](#) and select the [DegreeWorks](#) icon to view CSU or IGETC general education and transferrable courses.