

Laney College

Associate In Arts Degree In Kinesiology For Transfer

Overview

College	Laney - Mathematics and Sciences
Originator	Heather Sisneros
Award Type	AA-T Degree

Codes and Dates

State Approval Date	11/06/2014
Curriculum Committee Approval Date	3/02/2018
Board of Trustees Date	5/08/2018
Current Effective Date	8/01/2018
Program Control Number	32991
Top Code	1270.00 - Kinesiology
CIP Code	31.0505: Kinesiology and Exercise Science.

Description

The Associate in Arts in Kinesiology for Transfer degree (AA-T Kinesiology) is designed to prepare students for a seamless transfer with junior status and priority admission to their local CSU campus to a program or major in Kinesiology or similar major for completion of a baccalaureate degree.

Students are required to complete:

- Completion of 60 semester units or 90 quarter units that are eligible for transfer to the California State University, including both of the following:
 - (A) The Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education – Breadth Requirements.
 - (B) A minimum of 18 semester units or 27 quarter units in a major or area of emphasis, as determined by the community college district.
- Obtainment of a minimum grade point average of 2.0. Students must earn a C or better in all courses required for the major or area of emphasis.
- No more than 60 semester units are required.

The Associate in Arts in Kinesiology for Transfer degree (AA-T Kinesiology) will also assist Kinesiology major students to transfer to a U.C. or other baccalaureate institutions. Students are advised to consult with a counselor to verify transfer requirements.

Career Opportunities

Careers include but not limited to: health clubs & spas, private and public fitness centers, corporate fitness centers, nursing homes, schools/colleges/universities, self employment, YMCA's, fitness specialist, exercise testing technicians, aerobic instructors.

Program Learning Outcomes

Upon successful completion of this program, students will be able to:

1. Critically analyze anatomical and physiological factors in the development of exercise prescription, prevention and rehabilitation programs designed to meet individual goals and circumstances
2. Synthesize health and fitness information for application to improve the 5 components of fitness in clients: cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition (weight management)
3. Identify career and / or educational options in physical education, and formulate an action plan to successfully pursue and attain those options

Degree Requirements:

Required Core Courses (13 units)

Credit Hours: (0 Required)

KIN 150	Introduction to Kinesiology	3
BIOL 002 and	Human Anatomy	5
BIOL 004 or	Human Physiology	5
BIOL 020A and	Human Anatomy and Physiology	5
BIOL 020B	Human Anatomy and Physiology	5

Credit Hours: (0 Required)

Movement Based Courses: Select at least one (1) course each from three (3) of the following areas for a maximum of three units: Aquatics, Fitness, Individual Sports, Team Sports.

Aquatics (min 1 unit):

Credit Hours: (0 Required)

KIN 014B	Water Polo II - Beginning	1
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Dance (min 1 unit):

Credit Hours: (0 Required)

DANCE 060	Ballet I	1
DANCE 061	Ballet II	1
DANCE 064	Jazz Dance I	1
DANCE 068	Modern Dance I	1
DANCE 072	Jazz Tap I	1
DANCE 073	Jazz Tap II	1
DANCE 076	West African Dance I	1
DANCE 077	West African Dance II	1
DANCE 080	Haitian Folkloric Dance I	1
DANCE 081	Haitian Dance II	1

Fitness (min 1 unit):

Credit Hours: (0 Required)

SPFT 054A	Cross Fitness I - Fundamentals	1
SPFT 054B	Cross Fitness II - Beginning	1

Individual Sport (min 1 unit):

Credit Hours: (0 Required)

KIN 107B	Tennis II - Beginning	1
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Team Sports (1 unit):

Credit Hours: (0 Required)

KIN 076B	Baseball II - Beginning	1
SPFT 086A	Flag Football I - Fundamentals	1
SPFT 086B	Flag Football II - Beginning	1

List A: Select two courses from the following (7-10 units):

Credit Hours: (0 Required)

MATH 013	Introduction to Statistics	4
CHEM 001A or	General Chemistry	5
CHEM 030A	Introductory General Chemistry	4
PHYS 003A or	General Physics	5

PHYS 004A	General Physics with Calculus	5
HLTED 014	First Aid and CPR	3

Total Major Units: **Credit Hours: (0 Required)**
23 - 26

Units that may be double-counted: **Credit Hours: (0 Required)**
7 - 10

IGETC or CSU GE-Breadth Education **Credit Hours: (0 Required)**
37 - 39

CSU Transferable General Elective Courses to meet 60 units **Credit Hours: (0 Required)**
2 - 10

Total Units **Credit Hours: (60 Required)**
60

Total: 60

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