

# ADT IN KINESIOLOGY

The Associate in Arts in Kinesiology for Transfer (AA-T) program is designed to prepare students for CSU transfer to complete a bachelor's degree in kinesiology, exercise science, physical education, pre-physical therapy, athletic training and other related allied health professions. Interested students may also pursue careers as personal trainers. Students completing this degree are guaranteed admission to the California State University system, although not necessarily to a particular campus or major of choice. Students should consult with a counselor for more information on university admission and transfer requirements as this degree may not be the best option for students intending to transfer to a particular CSU campus or to a college or university that is not part of the CSU system.

## Learning Outcomes

### A.A.-Transfer Degree Level Student Learning Outcomes

Students completing the Kinesiology A.A.-Transfer Degree will:

1. Exhibit awareness and identify the dimensions of wellness and recognize positive characteristics of each dimension to live a healthier lifestyle.
2. Demonstrate competency in fundamental techniques to improve individual sport specific and movement skills.
3. Determine current level of fitness.

## Requirements

Students receiving this transfer degree must meet the following requirements:

1. 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) (<http://catalog.citruscollege.edu/programs-study/graduation-requirements-associate-degree/general-education-requirements-transfer-csu-uc-iget-option-iii/>) or the California State University General Education - Breadth Requirements (<http://catalog.citruscollege.edu/programs-study/graduation-requirements-associate-degree/general-education-requirements-transfer-csu-csuge-option-ii/>).
  - 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.
2. Obtainment of a minimum grade point average of 2.0.

ADTs also require that students must earn a "C" (or "P") or better in all courses required for the major or area of emphasis.

Code	Title	Units
<b>Required courses:</b>		
BIOL 200	Human Anatomy	4
BIOL 201	Human Physiology	4
KIN 100	Introduction to Kinesiology	3

**Select three (3) of the following movement based courses with not more than one from each area:**

Code	Title	Units
<b>Aquatics</b>		
KIN 142	Swimming - Beginning	1
KIN 143	Swimming - Intermediate/Advanced	1
KIN 147	Swimming for Cardiovascular Improvement	1
<b>Combatives</b>		
KIN 104	Self-Defense and Personal Safety	1
<b>Team Sports</b>		
KIN 130	Basketball	1
KIN 134	Softball	1
KIN 135	Volleyball	1
<b>Fitness</b>		
KIN 151	Body Conditioning	1
KIN 152	Weight Training	1
KIN 153	Walking/Jogging	1
KIN 159	Cardiovascular Training	1
<b>Individual Sports</b>		
KIN 101	Badminton	1
KIN 103	Golf	1
KIN 108	Tennis	1
KIN 116	Yoga	1
<b>Dance</b>		
DANC 161	Beginning Modern Dance	1
DANC 261	Intermediate Modern Dance I	1
<b>Select two (2) of the following courses:</b>		
CHEM 104 or CHEM 111	College Chemistry II General Chemistry I	5
KIN 177	First-Aid Responding To Emergencies	3
MATH 165	Introductory Statistics <sup>1</sup>	4
PHYS 111 or PHYS 201	College Physics A Physics A: Mechanics	4-5
<b>Total Units</b>		<b>21-24</b>

<sup>1</sup> MATH 165 is degree applicable with or without MATH 065. If taken with MATH 065, only the units for MATH 165 will be counted towards the degree.

## Curriculum Map

### 2-Year Curriculum Map Example

This map represents one possible pathway through the program and is only for reference.

\*It is highly recommended that you make an appointment (<https://www.citruscollege.edu/stdntsrvcounsel/Pages/ApptSchedule.aspx>) to create a customized education plan that fits your needs.

Note: Co-requisite MATH course (2 units) and/or substitute ENGL 101E (5 units) may be needed based on placement.

Course	Title	Units
<b>Fall Term 1</b>		
KIN 100	Introduction to Kinesiology	3
ENGL 101 or ENGL 101H	Reading and Composition or Reading and Composition - Honors	4
KIN 151 or KIN 152 or KIN 153 or KIN 159	Body Conditioning or Weight Training or Walking/Jogging or Cardiovascular Training	1
MATH 165 or MATH 165H	Introductory Statistics or Introductory Statistics - Honors	4
<b>Units</b>		<b>12</b>
<b>Winter Term 1</b>		
ENGL 103 or ENGL 103H or ENGL 104 or ENGL 104H	Composition and Critical Thinking or Composition and Critical Thinking - Honors or Argumentative Writing and Critical Thinking or Argumentative Writing and Critical Thinking - Honors	3
<b>Units</b>		<b>3</b>
<b>Spring Term 1</b>		
KIN 170 or KIN 171 or KIN 171H or KIN 173	Fitness for Life or Health and Wellness in Society or Health and Wellness - Honors or Introduction to Nutrition	3
BIOL 105 or BIOL 105H or BIOL 124	General Biology or General Biology - Honors or Molecular and Cellular Biology	4
CHEM 103 or CHEM 110	College Chemistry I or Beginning General Chemistry	5
KIN 101 or KIN 103 or KIN 108 or KIN 116	Badminton or Golf or Tennis or Yoga	1
<b>Units</b>		<b>13</b>
<b>Summer Term 1</b>		
ARCH 250 or ARCH 251 or ART 100 or ART 105 or ART 108 or ART 110 or ART 199 or ART 199H or DANC 102 or MUSE 113 or THEA 101 or THEA 101H	History of Architecture: Prehistory to Mannerism or History of Architecture: Baroque to the Present Day or Art History - Fundamentals of Global Art History or Art History - Topics in Contemporary Art or History of Photography or Introduction to the Visual Arts or Motion Picture Appreciation or Motion Picture Appreciation - Honors or History of Dance or History of Rock and Roll or Introduction to Theatre Arts or Introduction to Theatre Arts - Honors	3
SPCH 100 or SPCH 100H or SPCH 101 or SPCH 101H or SPCH 106	Interpersonal Communication or Interpersonal Communication - Honors or Public Address or Public Address - Honors or Small Group Communication	3
<b>Units</b>		<b>6</b>
<b>Fall Term 2</b>		
BIOL 200	Human Anatomy	4
KIN 166	American Food And Culture: Global Origins, History, and Current Impacts	3
DANC 161 or DANC 261 or KIN 104 or KIN 130 or KIN 134 or KIN 135 or KIN 142 or KIN 143 or KIN 147	Beginning Modern Dance or Intermediate Modern Dance I or Self-Defense and Personal Safety or Basketball or Softball or Volleyball or Swimming - Beginning or Swimming - Intermediate/Advanced or Swimming for Cardiovascular Improvement	1
CHEM 104 or CHEM 111	College Chemistry II or General Chemistry I	5
<b>Units</b>		<b>13</b>

Course	Title	Units
<b>Winter Term 2</b>		
SOC 201 or SOC 201H	Introduction to Sociology or Introduction to Sociology - Honors	3
HIST 107 or HIST 107H or HIST 108 or HIST 108H or HIST 111 or HIST 112 or HIST 160	History of the United States before 1877 or History of the United States before 1877 - Honors or History of the United States since 1877 or History of the United States since 1877 - Honors or History of the African-Americans to 1876 or History of the African-Americans since 1876 or History of Women in the United States	3
<b>Units</b>		<b>6</b>
<b>Spring Term 2</b>		
KIN 177	First-Aid Responding To Emergencies	3
BIOL 201	Human Physiology	4
POLI 103 or POLI 103H	American Government and Politics or American Government and Politics - Honors	3
ETHN 101 or ETHN 116	Introduction to Ethnic Studies or Introduction to Chicano/Latino Studies	3
<b>Units</b>		<b>13</b>
<b>Total Units</b>		<b>66</b>

Note: Course selections may affect total unit value.

## Career Information

### Career Opportunities

There are a variety of careers you can do with this major.

To explore more about this major, schedule an appointment (<https://www.citruscollege.edu/stdntsrvtcenter/Pages/ApptSchedule.aspx>) with a career counselor.