

KINESIOLOGY, A.A.-T

An A.A.-T in Kinesiology for Transfer will fulfill the requirements for students to transfer to a CSU university as a Kinesiology major. The courses in the A.A.-T in Kinesiology provide students with an ability to design appropriate programs for health, fitness and competitions, apply principles of exercise assessments, and critique scientific literature, identify exercise protocols, and synthesize information in problem solving as it relates to human movement.

AS.KINE.OPTBAST or AS.KINE.OPTCAST

Program Map Design Your Future!

Begin by exploring MSJC program maps to find career or transfer (<https://msjc.emsicc.com/?radius=®ion=All%20Regions>) opportunities. Program maps show the recommended course sequence that leads to graduation or transfer. The maps were developed by program experts to give you the skills and knowledge you need to succeed.

- **Starting in Spring?** Choose Fall Semester 1 courses.
- **Are you a part-time student?** Start Fall Semester 1 courses and follow the course sequence.

CSU: General Education Option B

| Fall Semester 1 | | Units |
|-----------------|--------------------------------------|-------|
| ENGL-101 | College Composition | 3 |
| COMM-100 | Public Speaking | 3 |
| CSCR-100 | College Success and Career Readiness | 3 |
| PE-195 | Introduction to Kinesiology | 3 |
| PHIL-101 | Introduction to Philosophy I | 3 |

Units 15

| Spring Semester 1 | | Units |
|-------------------------|--|-------|
| MATH-140 | Introduction to Statistics | 3 |
| ENGL-103 or PHIL-112 | Critical Thinking and Writing or Critical Thinking and Composition | 3 |
| BIOL-100 or BIOL-115 | Human Biology or Introductory Topics in Biology: Cells to Ecosystems (formerly Topics in Biology) | 4 |
| PS-101 | Introduction to American Government and Politics | 3 |

Select one of the following: 1

| | | |
|--------|---|--|
| PE-116 | Introduction to Softball (formerly Introduction to Athletic Techniques: Softball) | |
| PE-133 | Individual and Group Sports: Basketball | |
| PE-134 | Introduction to Volleyball | |
| PE-137 | Individual and Group Sports: Soccer | |
| PE-183 | Self-Defense | |

Select one of the following: 1

| | | |
|---------|--|--|
| PE-112 | Body Conditioning | |
| PE-112A | Step Aerobics & Circuit Training (formerly Beginning Step Aerobics) | |
| PE-113 | Introduction to Jogging (formerly Jogging) | |

| | | |
|---------|---------------------------------|--|
| PE-114A | Strength Training: Circuit | |
| PE-114B | Strength Training: Free Weights | |
| PE-114C | Powerlifting | |
| PE-119 | Exercise Walking | |
| PE-119B | Intermediate Fitness Walking | |
| PE-120 | Beginning Yoga | |

Units 15

Summer 1

| | | |
|-------------------------|---|---|
| CHEM-107 or CHEM-101 | Chemistry of Life or General Chemistry I | 5 |
|-------------------------|---|---|

Units 5

Fall Semester 2

| | | |
|-------------------------|--|---|
| DAN-100 | History and Appreciation of Dance | 3 |
| PE-126 | Sport Psychology | 3 |
| ANAT-101 | Human Anatomy & Physiology I | 4 |
| HIST-111 or HIST-112 | U.S. History to 1877 or U.S. History Since 1865 | 3 |

Select one of the following: 1.5-2

| | | |
|----------|--------------------------------------|--|
| DAN-120 | Conditioning and Alignment | |
| DAN-121A | Beginning Ballet | |
| DAN-122A | Beginning Modern Dance | |
| DAN-123A | Beginning Jazz Dance | |
| DAN-124 | Beginning Tap Dance | |
| DAN-126A | Intermediate Modern Dance | |
| DAN-129 | Intermediate Tap Dance | |
| DAN-131A | Beginning Hip Hop (formerly DAN-131) | |
| DAN-131B | Advanced Beginning Hip Hop | |
| PE-132 | Beginning Tennis | |

Units 14.5-15

Spring Semester 2

| | | |
|-------------------------|--|---|
| ANAT-102 | Human Anatomy & Physiology II | 4 |
| NUTR-100 | Family Nutrition | 3 |
| HIST-107 or HIST-108 | The History of East Asia Before 1600 or The History of East Asia Since 1600 | 3 |

Select one of the following: 3

| | | |
|---------------|--|--|
| PS/ETHS-103 | Ethnic Politics in America | |
| HIST/ETHS-160 | Black History in the American Context | |
| LIT/ETHS-275 | Latinx/Chicanx Literature | |
| LIT/ETHS-280 | Multiethnic Literature (formerly ENGL-280) | |

Units 13

Total Units 62.5-63

NOTE: Major prep will change depending on the transfer institution. Please see a counselor for developing an accurate educational plan.

CSUSM: General Education Option B

| Fall Semester 1 | | Units |
|-----------------|--------------------------------------|-----------|
| ENGL-101 | College Composition | 3 |
| COMM-100 | Public Speaking | 3 |
| PHIL-101 | Introduction to Philosophy I | 3 |
| CSCR-100 | College Success and Career Readiness | 3 |
| PE-195 | Introduction to Kinesiology | 3 |
| Units | | 15 |

Spring Semester 1

| | | |
|------------------------------|---|--------------|
| PE-115 | First Aid and CPR | 3 |
| ENGL-103 or PHIL-112 | Critical Thinking and Writing or Critical Thinking and Composition | 3 |
| BIOL-100 | Human Biology | 4 |
| MATH-110 or MATH-140 | Pre-Calculus or Introduction to Statistics | 3-4 |
| Select one of the following: | | 1 |
| PE-116 | Introduction to Softball (formerly Introduction to Athletic Techniques: Softball) | |
| PE-133 | Individual and Group Sports: Basketball | |
| PE-134 | Introduction to Volleyball | |
| PE-137 | Individual and Group Sports: Soccer | |
| PE-183 | Self-Defense | |
| Units | | 14-15 |

Summer 1

| | | |
|-------------------------|---|----------|
| CHEM-107 or CHEM-101 | Chemistry of Life or General Chemistry I | 5 |
| Units | | 5 |

Fall Semester 2

| | | |
|------------------------------|---|----------------|
| DAN-100 | History and Appreciation of Dance | 3 |
| PS-101 | Introduction to American Government and Politics | 3 |
| ANAT-101 | Human Anatomy & Physiology I | 4 |
| HIST-111 or HIST-112 | U.S. History to 1877 or U.S. History Since 1865 | 3 |
| Select one of the following: | | 1.5-2 |
| DAN-120 | Conditioning and Alignment | |
| DAN-121A | Beginning Ballet | |
| DAN-122A | Beginning Modern Dance | |
| DAN-123A | Beginning Jazz Dance | |
| DAN-124 | Beginning Tap Dance | |
| DAN-126A | Intermediate Modern Dance | |
| DAN-129 | Intermediate Tap Dance | |
| DAN-131A | Beginning Hip Hop (formerly DAN-131) | |
| DAN-131B | Advanced Beginning Hip Hop | |
| Units | | 14.5-15 |

Spring Semester 2

| | | |
|------------------------------|--|---|
| ANAT-102 | Human Anatomy & Physiology II | 4 |
| NUTR-100 | Family Nutrition | 3 |
| HIST-107 or HIST-108 | The History of East Asia Before 1600 or The History of East Asia Since 1600 | 3 |
| Select one of the following: | | 1 |
| PE-112 | Body Conditioning | |
| PE-112A | Step Aerobics & Circuit Training (formerly Beginning Step Aerobics) | |
| PE-113 | Introduction to Jogging (formerly Jogging) | |
| PE-114A | Strength Training: Circuit | |
| PE-114B | Strength Training: Free Weights | |
| PE-114C | Powerlifting | |
| PE-119 | Exercise Walking | |
| PE-119B | Intermediate Fitness Walking | |

| | | |
|------------------------------|--|----------------|
| PE-120 | Beginning Yoga | |
| Select one of the following: | | 3 |
| PS/ETHS-103 | Ethnic Politics in America | |
| HIST/ETHS-160 | Black History in the American Context | |
| LIT/ETHS-275 | Latinx/Chicanx Literature | |
| LIT/ETHS-280 | Multiethnic Literature (formerly ENGL-280) | |
| Units | | 14 |
| Total Units | | 62.5-64 |

¹ Depends on career emphasis.² Which math course you should take depends on the Kinesiology chosen for CSUSM

NOTE: Math/Chem/Phy will depend on Kines-emphasis in Movement Science or Health Science. Pre-Calc required for Movement Science.

Requirements

| Course | Title | Credits |
|--|--|---------|
| Required Core Courses | | |
| ANAT-101 | Human Anatomy & Physiology I | 4 |
| ANAT-102 | Human Anatomy & Physiology II | 4 |
| PE-195 | Introduction to Kinesiology | 3 |
| Required Movement-Based Courses | | |
| Select one course maximum from any three of the following areas: | | 3-5 |
| <i>Area 1: Aquatics (no MSJC equivalent)</i> | | |
| <i>Area 2: Combatives</i> | | |
| PE-183 | Self-Defense | |
| <i>Area 3: Dance</i> | | |
| DAN-120 | Conditioning and Alignment | |
| DAN-121A | Beginning Ballet | |
| DAN-122A | Beginning Modern Dance | |
| DAN-123A | Beginning Jazz Dance | |
| DAN-124 | Beginning Tap Dance | |
| DAN-126A | Intermediate Modern Dance | |
| DAN-129 | Intermediate Tap Dance | |
| DAN-131A | Beginning Hip Hop (formerly DAN-131) | |
| DAN-135A | Intermediate Hip Hop | |
| <i>Area 4: Fitness</i> | | |
| PE-112 | Body Conditioning | |
| PE-112A | Step Aerobics & Circuit Training (formerly Beginning Step Aerobics) | |
| PE-113 | Introduction to Jogging (formerly Jogging) | |
| PE-114A | Strength Training: Circuit | |
| PE-114B | Strength Training: Free Weights | |
| PE-114C | Powerlifting | |
| PE-119 | Exercise Walking | |
| PE-119B | Intermediate Fitness Walking | |
| PE-120 | Beginning Yoga | |
| <i>Area 5: Individual Sports</i> | | |
| PE-132 | Beginning Tennis | |
| <i>Area 6: Team Sports</i> | | |

| | |
|--------|---|
| PE-116 | Introduction to Softball (formerly Introduction to Athletic Techniques: Softball) |
| PE-133 | Individual and Group Sports: Basketball |
| PE-134 | Introduction to Volleyball |
| PE-137 | Individual and Group Sports: Soccer |

List A: Select two

Select two of the following: 6-9

| | |
|---------------|------------------------------------|
| BIOL-100 | Human Biology |
| CHEM-101 | General Chemistry I |
| or CHEM-101H | Honors General Chemistry I |
| or CHEM-107 | Chemistry of Life |
| PE-115 | First Aid and CPR |
| PSYC/SOCI-121 | Statistics for Behavioral Sciences |
| or MATH-140 | Introduction to Statistics |
| PHY-101 | Basic Physics: Energy and Motion |
| or PHY-201 | Mechanics and Wave Motion |

Total Units 20-25

| Course | Title | Credits |
|---|-------|--------------|
| Units for Major | | 20-25 |
| CSU General Education or IGETC Pattern | | 37-39 |

Possible double counting: 10-14 units

Transferable Electives (as needed to reach 60 CSU transferable units)**Total Units for A.S.-T Degree: 60 units**

The overall requirements for this Associates Degree for Transfer (ADT) can be met by:

- Completion of 60 semester units or 90 quarter units that are eligible for transfer to the California State University (CSU) or University of California (UC).
- Completion of California State University General Education-Breadth Requirements (CSUGE) or the Intersegmental General Education Transfer Curriculum (IGETC).
- Completion of a minimum of 18 semester units or 27 quarter units in a major or area of emphasis, as determined by the community college district.
- Completion of a minimum grade point average of 2.0.

ADTs also require that students earn a C or better in all courses required for the major or area of emphasis. A "P" (Pass) grade is acceptable if pass is defined as a grade of C or better. ADTs are intended for students who plan to complete a bachelor's degree in a similar major at a CSU campus. A student completing an ADT is guaranteed admission to the CSU system, but not a particular campus or major. Students should meet with a Counselor to develop a comprehensive educational plan to further understand university and transfer requirements.

Career Exploration

Discover information about careers that interest you!

2. Search available **in-demand jobs** (<https://msjc.emsicc.com/browse-careers/>) in your career areas of interest and find up-to-date salaries and education requirements.
3. Find the **MSJC Program** (<https://msjc.emsicc.com/browse-programs/>) that connects your interests to a career.

Note: There are no guaranteed positions for students completing these programs. Education and work experience required will vary by employer. The salary and benefits for specific occupations will be dependent on work experience, education, background, and employer.

1. Take a **Career Quiz** (<https://msjc.emsicc.com/assessment/>) to learn about yourself and receive career suggestions based on your interests.