

Pathway: Health and Related Sciences

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Award Title	Award Type	GE Units	Required Course Units	Major Elective Units	Major Units
Kinesiology	AA-T	IGETC/CSU	20-23		20-23

PROGRAM OVERVIEW

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 the AA-T in Kinesiology 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 AA-T in Kinesiology 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.

The Associate in Arts in Kinesiology for Transfer (AA-T) degree will be awarded upon completion of the following:

- Completion of 60 transferable semester units to the California State University
- Obtaining of a minimum grade point average of 2.0 in all transferable coursework.
- Full completion of one the following General education patterns
- The Intersegmental General Education Transfer Curriculum (IGETC), with "C"s or better in all coursework AND completion of Area 1C Oral communication (CSU admission requirement)
- California State University General Education – Breadth Requirements (CSU GE). Areas A1, A2, A3, & B4 must be completed with a grade of "C" or better (CSU admission requirement)
- A minimum of 20 semester units required for the major
- All courses in the major must be completed with a grade of "C" or better or a "P" if the course is taken on a "Pass-No Pass" basis (Title 5 § 55063).

PROGRAM LEARNING OUTCOMES (PLOs)

Upon completion of the Degree program, students are able to:

1. Describe the fundamental principles of Kinesiology, including anatomy and physiology, movement, health promotion, physiological response to exercise, mechanics, and how they relate to career choices.
2. Discuss the importance of lifelong participation in a fitness program as related to overall health and well-being.
3. Identify physical fitness concepts, healthy living practices, lifelong wellness, appropriate stressreduction techniques, sport, and physical skill development.

USEFUL LATTC LINKS:

College Catalog: <http://college.lattc.edu/catalog/>

Financial Aid Office: <http://college.lattc.edu/financialaid/>

Counseling Department: <http://college.lattc.edu/counseling/>

General Education Information: <http://college.lattc.edu/catalog>

Health and Related Sciences Pathway: <http://college.lattc.edu/hes/>

KINESIOLOGY FOR TRANSFER (AA-T)

Associate in Arts for Transfer Degree

Major Units: 20-23

Requirements for the Associate in Arts degree in Kinesiology for Transfer (AA-T) may be met by completing 20-23 units of coursework with a "C" or better along with general education courses meeting IGETC or CSU Requirements.

REQUIRED CORE

Select 11 units from the courses below	UNITS
KIN MAJ 100 Introduction to Kinesiology	3
ANATOMY 001 Introduction to Human Anatomy	4
PHYSIOL 001 Introduction to Human Physiology	4

AND

Movement Based Courses (3 Units). Take a minimum of one unit from any of the following three categories: Aquatics, Fitness, and Team Sports

AQUATICS

KIN 300-1 Swimming / Non-Swimmer I	1
KIN 303-1 Aqua Aerobics I	1

FITNESS

KIN 329-1 Body Conditioning I	1
KIN 350-1 Weight Training I	1

TEAM SPORTS

KIN 387 Basketball	1
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RESTRICTED ELECTIVES

Select courses (minimum 6 units) from the following (6-9 total units):

	UNITS
MATH 225 Introductory Statistics	3
-or- MATH 227 Statistics (4)	
CHEM 051 Fundamentals of Chemistry I	5
-or- CHEM 101 General Chemistry I (5)	
PHYSICS 006 General Physics I	4
KIN MAJ 101 First Aid and CPR	3
-or- HEALTH 012 Safety Education and First Aid (3)	

MAJOR REQUIRED MINIMUM SUBTOTAL	20 units
CSU or IGETC for CSU GE Pattern	37-39 units
CSU Transferable Elective units	(as needed to reach 60 units)
TOTAL CSU transferrable units	60 units

You can register in these classes by logging on to the Student Information System at <http://college.lattc.edu/student/new-students/register-now/>

For additional information consult a LATTC college counselor.