



(AA-T) Associate in Arts for Transfer in Kinesiology

Program Requirements: 23-24 units

| Required Core (13 units) | | Units |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|-------|
| KIN 101 | Introduction to Kinesiology | 3.0 |
| BIOL 211 | Human Anatomy | 5.0 |
| BIOL 231 | Human Physiology | 5.0 |
| Required Movement Based Courses – Select a maximum of one (1) course from any three (3) of the following areas for a minimum of three units: | | |
| AREA 1: AQUATICS | | |
| KIN 186A | Intro to Aqua Jogging | 1.0 |
| KIN 186B | Aqua Jogging | 1.0 |
| AREA 2: COMBATIVES | | |
| KIN 168 | Self-Defense | 1.0 |
| AREA 3: DANCE | | |
| No Dance/Kinesiology Dance (KIND) courses articulated for this major. | | |
| AREA 4: FITNESS | | |
| KIN 150 | Lifetime Fitness | 2.0 |
| KIN 160 | Physical Fitness | 1.0 |
| KIN 162 | Weight Training I | 1.0 |
| KIN 163 | Weight Training II | 1.0 |
| KIN 164 | Aerobic Weight Training | 1.0 |
| AREA 5: INDIVIDUAL SPORTS | | |
| KIN 180A | Tennis | 1.0 |
| KIN 181 | Golf | 1.0 |
| AREA 6: TEAM SPORTS | | |
| KIN 165 | Basketball | 1.0 |
| KIN 166 | Beginning Volleyball | 1.0 |
| KIN 166B | Beginning/Intermediate Volleyball | 1.0 |
| KIN 180B | Tennis Doubles | 1.0 |
| KIN 185 | Football Techniques/Conditioning | 2.0 |
| KIN 185B | Offensive Football Techniques | 1.0 |
| List A – Select two (7 units) | | |
| MATH 120/H120 | Introduction to Statistics | 4.0 |
| KIN 102 | First Aid & AED/CPR | 3.0 |

Requirements for the AA-T in Kinesiology degree at Victor Valley College:

- 1) Complete 60 CSU transferable units;
- 2) Complete the CSU General Education (CSUGE) or IGETC General Education pattern;
- 3) Complete the major program requirements (above) with a grade of “C” or better;
- 4) Maintain a cumulative transferable GPA of 2.0 or higher

Students planning to transfer to the California State University (CSU) and pursuing an AA-T at VVC must ensure that the CSU campus of their choice is accepting that similar major. Students completing AA-T degree are guaranteed admission into a CSU campus given that they fulfill all of the requirements above and have completed the Basic/Golden 4 GE requirements. For more information on the AA-T degree, meet with a counselor and visit www.calstate.edu and/or www.adegreewithaguarantee.com.