

California Community Colleges are now offering associate degrees for transfer to the CSU. These may include Associate in Arts (AA-T) or Associate in Science (AS-T) degrees. These degrees are designed to provide a clear pathway to a CSU major and baccalaureate degree. California Community College students who are awarded an AA-T or AS-T degree are guaranteed admission with junior standing somewhere in the CSU system and given priority admission consideration to their local CSU campus or to a program that is deemed similar to their community college major. This priority does not guarantee admission to specific majors or campuses. Students who have been awarded an AA-T or AS-T are able to complete their remaining requirements for the 120-unit baccalaureate degree within 60 semester or 90 quarter units. To view the most current list of Moreno Valley College Associate Degrees for Transfer and to find out which CSU campuses accept each degree, please go to:

<http://adegreewithaguarantee.com/>

Students are encouraged to meet with a Moreno Valley College counselor to review their options for transfer and to develop an educational plan that best meets their goals and needs.

## Kinesiology

(CSUGE) MAA890 (IGETC) MAA891

The Associate in Arts in Kinesiology will stimulate learning and provide necessary skills for the different options of study in the practical field of kinesiology. After completion of the AA transfer degree, the students' knowledge will be diverse in topics such as; health and fitness, wellness, personal training, pedagogy, sport coaching, and pre- physical therapy. This degree will assist students in seamlessly transferring to a CSU.

The Program Learning Outcomes are:

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

- Demonstrate an understanding of human anatomy and physiology as they relate to physical activity.
- Demonstrate an ability to assess and analyze fitness and movement skills.
- Demonstrate an ability to find and critically analyze information relevant to kinesiology.
- Demonstrate an understanding of the standards, ethics, and expectations of kinesiology professionals.

### **Required Courses (20-23 Units)**

|           |  |     |
|-----------|--|-----|
| KIN-10 *  | Introduction to Kinesiology            | 3   |
| BIO-50A * | Anatomy and Physiology, I              | 4   |
| BIO-50B * | Anatomy and Physiology, II             | 4   |
| List A:   | Choose two courses from the list below | 7-9 |
| List B:   | Movement Based Courses                 | 3   |

### **Associate of Arts for Transfer Degree Total Units in Major 20-23**

#### **List A: Select two (6-9 units)**

|             |                          |   |
|-------------|--------------------------|---|
| KIN-30      | First Aid and CPR        | 3 |
| CHEM-1A     | General Chemistry, I     | 5 |
| PHY-4A      | Mechanics                | 4 |
| MAT-12/H OR | Statistics OR            | 4 |
| PSY/SOC 48  | Psychological Statistics | 3 |

#### **List B: Select a Maximum of 1 course from 3 of the following areas. Max 3 units.**

##### **Team Sports (1 unit)**

|          |                   |   |
|----------|-------------------|---|
| KIN-A64A | Soccer, Beginning | 1 |
| KIN-A64B | Soccer, INT.      | 1 |
| KIN-A62  | Flag Football     | 1 |

##### **Fitness (1 unit)**

|           |  |   |
|-----------|--|---|
| KIN-A46   | Hatha Yoga, Beginning                      | 1 |
| KIN-A47   | Hatha Yoga, Intermediate                   | 1 |
| KIN-A75A  | Walking for Fitness, Beginning             | 1 |
| KIN-A75B  | Walking for Fitness, Intermediate          | 1 |
| KIN-A81 A | Cardio and Strength Training, Beginning    | 1 |
| KIN-A81B  | Cardio and Strength Training, Intermediate | 1 |
| KIN-A86   | Step Aerobics, Beginning                   | 1 |
| KIN-A87   | Step Aerobics, Intermediate                | 1 |
| KIN-A89A  | Beginning Body Sculpting                   | 1 |
| KIN-A89B  | Intermediate Body Sculpting                | 1 |

**List B: Continued:**

**Combative (1 unit)**

|         |                      |   |
|---------|----------------------|---|
| KIN-A40 | Karate, Beginning    | 1 |
| KIN-A41 | Karate, Intermediate | 1 |

**Dance (1 unit)**

|         |                         |   |
|---------|-------------------------|---|
| DAN-D19 |                         |   |
| DAN D21 | Conditioning for Dance  | 1 |
| DAN-D31 | Ballet, Beginning       | 1 |
|         | Hip Hop Dance           | 1 |
| DAN-D32 | Jazz, Beginning         | 1 |
| DAN-D37 | Modern Dance, Beginning | 1 |

**Associate of Arts for Transfer Degree    Total Units in Major                      20-23**

The kinesiology Associate Degree for Transfer degree will be awarded upon completion of 60 California State University (CSU) transferable units including the above major requirements and the Intersegmental General Education Transfer Curriculum (IGETC) or California State University General Education (CSUGE) requirements with a minimum grade point average of 2.0. All courses in the major must be completed with a grade of "C" or better.

\*Courses may also be used to fulfill general education requirements for the CSUGE or IGETC pattern, please confer with a counselor.