



## **CURRICULUM GUIDE 2020-2021**

### **KINESIOLOGY FOR TRANSFER**

#### **Associate in Arts in Kinesiology for Transfer (ADT)**

The Student Transfer Achievement Reform Act (Senate Bill 1440, now codified in California Education Code sections 66746-66749) guarantees admission to a California State University (CSU) campus for any community college student who completes an “associate degree for transfer,” a newly established variation of the associate degrees traditionally offered at a California community college. The Associate in Arts in Kinesiology for Transfer is intended for students who plan to complete a bachelor's degree in a similar major at a CSU campus. Students completing this degree are guaranteed admission to the CSU system, but not to a particular campus or major. In order to earn one of these degrees, students must complete 60 required semester units of CSU-transferable coursework with a minimum GPA of 2.0. Students should consult with a counselor when planning to complete the degree for more information on university admission and transfer requirements.

Kinesiology is the discipline or body of knowledge that studies physical activity through performance, scholarly analysis, and professional practice. This program offers students an opportunity to enrich their education with emphasis on improved individual physical well-being and prepares students for transfer to bachelor's degree programs in Kinesiology and related disciplines. Students may obtain an ADT in Kinesiology and optimize preparation for advanced degrees in Kinesiology at baccalaureate institutions. Typical employment opportunities in the field are in the areas of coaching, personal or group training, fitness instruction, fitness specialists, multiple allied health care professions, recreation, as well as managerial positions in athletics and recreation centers.

#### **Requirements for Associate in Arts for Transfer Degree:**

- a) Complete Required Core and List A courses with a grade of C or better.
- b) Complete CSU GE (Plan B) or IGETC for CSU (Plan C) requirements. These requirements are specified in the Ohlone College catalog.
- c) Complete 60 CSU-transferable semester units.
- d) Obtain a minimum grade point average (GPA) of at least 2.0 in all CSU-transferable coursework. While a minimum GPA of 2.0 is required for admission, some majors may require a higher GPA. Please consult with a counselor for more information.
- e) Complete a minimum of 21 units in the Kinesiology major.
- f) Complete at least 12 units from Ohlone College.

#### **Student Learning Outcomes**

1. Assess and critique the depth and breadth of Kinesiology as an academic discipline and identify future career opportunities.
2. Identify the role of regular physical activity in the maintenance of health and wellness in today's society.

**REQUIRED CORE**

BIOL-103A	Human Anatomy and Physiology	4
BIOL-103B	Human Anatomy and Physiology	4
KIN-240	Introduction to Kinesiology	<u>3</u>
		11

**Movement-Based Courses**

Complete one course maximum from three of the following areas.

## Aquatics

PE-350A3	Learning to Swim OR	1
PE-350D3	Competitive Swimming OR	(1)
PE-351A3	Aquatic Conditioning	<u>(1)</u>
		1

## Combatives

PE-374A3	Kickboxing OR	1
PE-375A3	Beginning Tai Chi	<u>(1)</u>
		1

## Fitness

PE-336A3	Express Cardio OR	1
PE-342A3	Circuit Training OR	(1)
PE-343A3	Strength and Cardio Training OR	(1)
PE-344A3	Total Fitness OR	(1)
PE-346A3	Guts and Butts OR	(1)
PE-372A3	Conditioning OR	(1)
PE-372B3	Boot Camp OR	(1)
PE-376A3	Yoga OR	(1)
PE-376B3	Fitness Yoga OR	<u>(1)</u>
		1

## Individual Sports

PE-360A3	Beginning Badminton OR	1
PE-362A3	Beginning Tennis	<u>(1)</u>
		1

**LIST A**

Complete two courses from the following courses:

BIOL-102	Introduction to Biology for Health Sciences	4
CHEM-101A	General Chemistry	5
KIN-250	First Aid and CPR	3
MATH-159	Introduction to Statistics	5
PHYS-120	Introduction to Physics I	<u>4</u>
		7-10

Total Required Units: 21-24