



CURRICULUM GUIDE 2013-2014

KINESIOLOGY

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

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 a minimum of 60 required semester units of CSU-transferable coursework with a minimum GPA of 2.0. Students transferring to a CSU campus that does accept the AA-T will be required to complete no more than 60 units after transfer to earn a bachelor's degree. This degree may not be the best option for students intending to transfer to a particular CSU campus or to university or college that is not part of the CSU system. 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 AA-T 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 the Major Field and Elective courses with a grade of C or better.
- b) Complete CSU GE (Plan B) or IGETC (Plan C) requirements. These requirements are specified in the Ohlone College catalog.
- c) Complete a minimum of 60 CSU-transferable semester units.
- d) Complete 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 22 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. Examine the importance of lifetime fitness in today's society.

MAJOR FIELD

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

MOVEMENT/SKILL BASED COURSES

Select a maximum of one course from any four of the following areas for a maximum of three units.

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 | (1) |
| PE-377A3 | Pilates | <u>(1)</u> |
| | | 1 |

Individual Sports:

| | | |
|----------|--|------------|
| PE-320A3 | Basic Golf Skills OR | 1 |
| PE-322A3 | Golf: Chipping, Pitching, and Putting OR | (1) |
| PE-360A3 | Badminton OR | (1) |
| PE-362A3 | Beginning Tennis | <u>(1)</u> |
| | | 1 |

SUPPORTING COURSES

| | | |
|-----------|---------------------------|------------|
| BIOL-130 | Introduction to Biology | 4 |
| CHEM-101A | General Chemistry OR | 5 |
| PHYS-120 | Introduction to Physics I | <u>(4)</u> |
| | | 8-9 |

Total Required Units 22-23