

KINESIOLOGY - ASSOCIATE IN ARTS TRANSFER DEGREE

Plan Code: 5004B/C

This program is designed to prepare students with a general education in the principles, concepts and methodologies of Kinesiology. This degree is designed to increase students' awareness, understanding and knowledge of the broad range of career paths within the field of Kinesiology and to prepare them for seamless transfer to a California State University.

Program Student Learning Outcomes

- Demonstrate the ability to attain the Institutional Student Learning Outcomes (ISLOs).
- Demonstrate proficiency in skills needed in activities commonly included in a human movement program.
- Examine and evaluate physical activities and their relationship to wellness and fitness.
- Recognize various career opportunities in the field of human movement.

Program Requirements

This degree requires the completion of General Education coursework plus the following:

| Code Number | Course Title | Units |
|---|-----------------------------|-----------|
| REQUIRED CORE COURSES | | |
| ANAT 1 | Human Anatomy | 4 |
| KINPP 1 | Introduction to Kinesiology | 3 |
| PHYSI 1 | Human Physiology | 5 |
| Subtotal Units | | 12 |
| IN ADDITION, complete ONE (1) course from THREE of the following areas: | | |
| Aquatics | | |
| KING 76 | Swimming (1) | |
| Combatives | | |
| KING 65 | Martial Arts (1) | |
| KING 66 | Self-Defense (1) | |
| Fitness | | |
| KINPF 6 | Cardio Fitness (1) | |
| KINPF 14 | Yoga (1) | |
| KINPF 17 | Jogging (1) | |
| KINPF 17B | Jogging (1) | |
| KINPF 18 | Triathlon Training (1) | |
| KINPF 21 | Low Impact Cardio (1) | |
| KINPF 22 | Physical Fitness (1) | |
| KINPF 42 | Swimming Fitness (1) | |
| KINPF 54 | Weight Training (1) | |
| Individual Sports | | |
| KING 10 | Badminton (1) | |
| KING 10B | Badminton (1) | |
| KING 84 | Tennis (1) | |
| Team Sports | | |
| KING 2 | Ultimate Frisbee (1) | |

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| KING 14 | Basketball (1) | |
| KING 14B | Basketball (1) | |
| KING 70 | Soccer (1) | |
| KING 70B | Soccer (1) | |
| KING 74 | Softball (1) | |
| KING 86 | Touch Football (1) | |
| KING 90 | Volleyball (1) | |
| KING 90B | Volleyball (1) | |
| KING 92 | Sand Volleyball (1) | |
| KING 94 | Rugby (1) | |
| Subtotal Units | | 3 |
| IN ADDITION, complete TWO (2) courses from LIST A: | | |
| LIST A | | |
| CHEM 1A | General Chemistry (5.5) | |
| or CHEM 3 | Intro to Gen, Organic and Biochemistry (5) | |
| KINPP 23 | First Aid and Safety (3) | |
| PHYS 2A | General Physics (4.5) | |
| or PHYS 3A | Physics for Sci. & Eng. - Mechanics (5.5) | |
| STAT 1/1H | Elementary Statistics (4) | |
| Subtotal Units | | 7-11 |
| Required Subtotal | | 22-26 |
| Complete one of the following: ¹ | | 37-39 |
| CSU GE Breadth (Plan B) (https://lbcc-public.courseleaf.com/academic-requirements/general-education-transfer-degree-certificate-requirements/general-education-plans/plan-b/) | | |
| IGETC Pattern (Plan C) (https://lbcc-public.courseleaf.com/academic-requirements/general-education-transfer-degree-certificate-requirements/general-education-plans/plan-c/) | | |
| Transferable Electives (as needed to reach 60 transferable units) ² | | |
| Degree Total | | 60 |

¹ Units for the major may be double-counted for CSU GE or IGETC; see counselor for limitations.

² Elective units from course(s) numbered 1-99, if needed, to reach 60 transferable units.

To earn an associate degree for transfer, a student must complete 60 semester units that are eligible for transfer to a CSU that consist of either the IGETC pattern or CSU GE breadth and a major of at least 18 units. Students must have a minimum GPA of 2.0 in all CSU-transferable coursework to receive an associate degree for transfer and all courses in the major must be completed with a C or better. Students earning an associate degree for transfer will not be required to complete any other local graduation requirements.