

# 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
<b>REQUIRED CORE COURSES</b>		
ANAT 1	Human Anatomy	4
KINPP 1	Introduction to Kinesiology	3
PHYSI 1	Human Physiology	5
<b>Subtotal Units</b>		<b>12</b>
IN ADDITION, complete ONE (1) course from THREE of the following areas:		
<b>Aquatics</b>		
KING 76	Swimming (1)	
<b>Combatives</b>		
KING 65	Martial Arts (1)	
KING 66	Self-Defense (1)	
<b>Fitness</b>		
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)	
<b>Individual Sports</b>		
KING 10	Badminton (1)	
KING 10B	Badminton (1)	
KING 84	Tennis (1)	
<b>Team Sports</b>		
KING 2	Ultimate Frisbee (1)	

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: <sup>1</sup> **37-39**

CSU GE Breadth (Plan B) ( <a href="https://lbcc-public.courseleaf.com/academic-requirements/general-education-transfer-degree-certificate-requirements/general-education-plans/plan-b/">https://lbcc-public.courseleaf.com/academic-requirements/general-education-transfer-degree-certificate-requirements/general-education-plans/plan-b/</a> )	
IGETC Pattern (Plan C) ( <a href="https://lbcc-public.courseleaf.com/academic-requirements/general-education-transfer-degree-certificate-requirements/general-education-plans/plan-c/">https://lbcc-public.courseleaf.com/academic-requirements/general-education-transfer-degree-certificate-requirements/general-education-plans/plan-c/</a> )	
Transferable Electives (as needed to reach 60 transferable units) <sup>2</sup>	
<b>Degree Total</b>	<b>60</b>

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

<sup>2</sup> 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.