

CERRITOS COLLEGE
KINESIOLOGY (AA-T)
ASSOCIATE IN ARTS FOR TRANSFER

An Associate in Arts Degree in Kinesiology for transfer provides students with an introductory knowledge of the fundamental principles of kinesiology including the historical development of physical education and sport in our society. Students will gain theoretical and scientific knowledge about the body, including the skeletal and muscular systems. Additionally, students will learn and execute motor/sports skills appropriate for personal development as well as proficiency in discussing the benefits of an active lifestyle. Students will display professionalism and communication/presentation skills with preparedness for transfer. This program is for seamless transfer to CSU.

REQUIRED CORE COURSES 14 UNITS **UNITS**

KIN 100	Introduction to Kinesiology	3
A&P 150	Introduction to Human Anatomy	4
A&P 151	Introduction to Human Physiology	4

Movement Based Courses (3-units minimum)

Select one (1) course maximum from any three (3) of the following areas: Aquatics, Combatives, Team Sports, Individual Sports, Fitness, Dance

AQUATICS

PEX 105	Adapted Swimming	1
PEX 184	Swimming, Novice	1
PEX 185	Swimming, Beginning	1
PEX 284	Swimming, Intermediate	2
PEX 285	Swimming, Advanced	2

COMBATIVES

PEX 147	Personal Self-Defense	1
PEX 148	Brazilian Jiu Jitsu	1
PEX 149	Tae Kwon Do, Beginning	1
PEX 150	Mixed Martial Arts	1.5
PEX 249	Tae Kwon Do, Intermediate/Advanced	2

DANCE

DANC 106A	Beginning Ballet	2
DANC 106B	Intermediate Ballet	2
DANC 108A	Dance, Modern, Beginning	2
DANC 108B	Dance, Modern, Intermediate	2
DANC 108C	Dance, Modern, Advanced	2
DANC 109	Introduction to Dance Cultures of the World	2

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DANCE – (cont.)

DANC 112	Dance, Contemporary Modern	2
DANC 121	Latin Social Dance	2
DANC 122	Middle Eastern Dance	2
DANC 123	African Dance	2
DANC 124	Hip Hop Dance	2
DANC 125	Introduction to Ballroom Dance	2
DANC 126	Hip Hop Dance Trends	2
DANC 140	Beginning Jazz Dance	2
DANC 141	Intermediate Jazz Dance	2
DANC 142	Beginning Tap Dance	2
DANC 143	Intermediate Tap Dance	2
DANC 144	Dance for Musical Theater	2

FITNESS

KIN 104	Fitness and Wellness	3
PEX 103	Adapted Strength Training	1
PEX 103A	Adapted Circuit Weight Training	1
PEX 110	Aerobic Activities	1.5
PEX 111	Low Impact Aerobics	1.5
PEX 112	Step Aerobics	1.5
PEX 113	Zumba	1
PEX 116	Water Aerobics	1
PEX 117	Aqua Zumba	1
PEX 120	Cardio Kickboxing	1.5
PEX 121	High-Intensity Interval Training	1
PEX 122	CrossFit Training and Functional Exercises	1.5
PEX 124	Personal Fitness Program	1
PEX 126	Physical Fitness Training	1.5
PEX 132	Indoor Cycling	1
PEX 135	Ropes, Bands, and Suspension Training	1.5
PEX 138	Walking for Fitness	1
PEX 139	Walking/Jogging for Fitness	1
PEX 140	Jogging, Basics	1
PEX 141	Jogging for Fitness, Beginning	1
PEX 142	Group Treadmill and Cardio Machine Training	1
PEX 145	Circuit Weight Training, Beginning	1
PEX 151	Yoga	1
PEX 152	Restorative Yoga	1

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FITNESS – (cont.)

PEX 153	Yoga and Stress Reduction	1
PEX 155	PiYo: Introduction to Pilates and Yoga	1
PEX 156	Pilates Conditioning	1
PEX 162	Badminton Fitness and Technique Training	1.5
PEX 240	Jogging for Fitness, Intermediate	2
PEX 245	Circuit Weight Training, Intermediate/Advanced	2
PEX 246	Olympic Weights-Power Lifting	2

INDIVIDUAL SPORTS

PEX 161	Badminton, Beginning	1
PEX 167	Bowling, Beginning	1
PEX 176	Golf, Beginning	1
PEX 188	Tennis, Introduction	1
PEX 189	Tennis, Beginning	1
PEX 261	Badminton, Intermediate/Advanced	2
PEX 276	Golf, Intermediate/Advanced	2
PEX 288	Tennis, Intermediate	2
PEX 289	Tennis, Advanced	2

TEAM SPORTS

PEX 107A	Adapted Soccer	1
PEX 163	Baseball, Beginning	1
PEX 165	Basketball, Novice	1
PEX 166	Basketball, Beginning	1
PEX 172	Flag Football	1
PEX 177	Futsal – Indoor Soccer	1
PEX 178	Soccer, Beginning	1
PEX 181	Softball, Beginning	1
PEX 191	Volleyball, Introduction	1
PEX 192	Volleyball, Beginning	1
PEX 263	Baseball, Intermediate/Advanced	2
PEX 265	Basketball, Intermediate	2
PEX 266	Basketball, Advanced	2
PEX 278	Soccer, Intermediate/Advanced	2
PEX 281	Softball, Intermediate/Advanced	2
PEX 291	Volleyball, Intermediate	2
PEX 292	Volleyball, Advanced	2

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LIST A: (SELECT 2) 7-9 UNITS)

MATH 112	Elementary Statistics	4
<i>or</i> MATH 112s	Enhanced Elementary Statistics	(4.5)
<i>or</i> PSYC 210	Elementary Statistics	(4)
CHEM 100	Introductions to Chemistry	4
<i>or</i> CHEM 111	General Chemistry	(5)
PHYS 101	General Physics	4
<i>or</i> PHYS 201	Engineering Physics	(4)
HED 110	Community First Aid and CPR	3
<i>or</i> KIN 110	Community First Aid and CPR	(3)

Total Units for Major 21-26

ASSOCIATE IN ARTS FOR TRANSFER REQUIREMENTS

- (1) Completion of 60 semester units or 90 quarter units of degree-applicable courses,
- (2) Minimum overall grade point average of 2.0,
- (3) Minimum grade of “C” (or “P”) for each course in the major, and
- (4) Completion of IGETC and/or CSU GE-Breadth.