

CERRITOS COLLEGE
KINESIOLOGY (AA-T)

ASSOCIATE IN ARTS DEGREE IN KINESIOLOGY FOR TRANSFER

An Associate of 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 prep.

REQUIRED COURSES (14 UNITS):

Course Number	Course Name	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: Select one course maximum from any three of the following areas:
Aquatics, Combative, Team Sports, Individual Sports, Fitness, Dance (3-6 units)

Aquatics

Course Number	Course Name	UNITS
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

Course Number	Course Name	UNITS
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

Course Number	Course Name	UNITS
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
DANC 112	Contemporary Dance	2
DANC 121	Latin Social Dance	2

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Movement Based Courses: Dance (continued)

Course Number	Course Name	UNITS
DANC 122	Middle Eastern Dance	2
DANC 123	African Dance	2
DANC 124	Hip Hop Dance I	2
DANC 125	Introduction to Ballroom Dance	2
DANC 126	Hip Hope Dance II	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

Course Number	Course Name	UNITS
KIN 104	Fitness and Wellness	3
PEX 103	Adapted Strength Training	1
PEX 103A	Adapted Circuit Weight Training	1
PEX 108	Adapted Individual Sports	1
PEX 110	Aerobic Activities	1
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 Training	1
PEX 122	Cross Training and Fitness Conditioning	1.5
PEX 124	Personal Fitness Training	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

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Movement Based Courses: Fitness (continued)

Course Number	Course Name	UNITS
PEX 152	Restorative Yoga	1
PEX 153	Yogo 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 245	Circuit Weight Training, Intermediate/Advanced	2
PEX 246	Olympic Weights-Power Lifting	2

Individual Sports:

Course Number	Course Name	UNITS
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

Course Number	Course Name	UNITS
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 two courses (7-9.5 units)

Course Number	Course Name	UNITS
STAT C1000	Introduction to Statistics	4
or STAT C1000E	Introduction to Statistics	(4.5)
or PSYC 210	Elementary Statistics	(4)
CHEM 100	Introductory Chemistry	4
or CHEM 111	General Chemistry	(5)
PHYS 101	General Physics	4
or PHYS 201	Engineering Physics	(4)
KIN 110	Community First Aid and CPR	3
or HED 110	Community First Aid and CPR	(3)
Total Units:		21-26.5

ASSOCIATE OF ARTS IN KINESIOLOGY FOR TRANSFER REQUIREMENTS:

1. Completion of 60 CSU-transferable semester units.
2. Achievement of a minimum GPA of at least 2.0 in all CSU-transferable coursework. (Some majors may require a higher GPA. Students should consult with a counselor for more information.)
3. Completion of the major with a grade of "C" or better in each course or a "P" if the course was taken on a Pass/No Pass basis and the "P" is equal to a "C" or better.
4. Completion of the California General Education Transfer Curriculum (Cal-GETC).

Note: The CSU GE (California State University General Education-Breadth) or IGETC (Intersegmental General Education Transfer Curriculum) pattern may be used in some cases; please see a counselor for details.