

**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.

<b>REQUIRED CORE (14 UNITS)</b>		<b>UNITS</b>
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 unit minimum)**

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

**AQUATICS**

PEX 150A	Swimming Beginning	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 149	Tae Kwon Do, Beginning	1
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
DANC 112	Dance, Contemporary Modern	2
DANC 121	Latin Social Dance	2
DANC 122	Middle Eastern Dance	2

## **CERRITOS COLLEGE**

### **KINESIOLOGY (AA-T)**

#### **ASSOCIATE IN ARTS DEGREE IN KINESIOLOGY FOR TRANSFER**

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 142	Beginning Tap Dance	2
<b>FITNESS</b>		
PEX 102	Adapted Cardiovascular Exercise	1
PEX 103	Adapted Strength Training	1
PEX 110	Aerobic Activities	1.5
PEX 111	Low Impact Aerobics	1.5
PEX 112	Step Aerobics	1.5
PEX 116	Water Aerobics	1
PEX 124	Personal Fitness Program	1
PEX 132	Indoor Cycling	1
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 145	Circuit Weight Training, Beginning	1
PEX 151	Yoga	1
PEX 152	Restorative Yoga	1
PEX 156	Pilates Conditioning	1
PEX 245	Circuit Weight Training, Intermediate/Advanced	2
<b>INDIVIDUAL SPORTS</b>		
PEX 161	Badminton, 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
<b>TEAM SPORTS</b>		
PEX 163	Baseball, Beginning	1
PEX 165	Basketball, Novice	1

## **CERRITOS COLLEGE**

### **KINESIOLOGY (AA-T)**

#### **ASSOCIATE IN ARTS DEGREE IN KINESIOLOGY FOR TRANSFER**

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

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

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

**Total Units for Major      21-26**

#### **ASSOCIATE IN ARTS IN KINESIOLOGY FOR TRANSFER REQUIREMENTS**

Complete the following

- (1) 60 semester units or 90 quarter units CSU transferable units
- (2) The California State University-General Education-Breadth pattern (CSU GE-Breadth); or the Intersegmental General Education Transfer Curriculum (IGETC) pattern
- (3) A minimum of 18 semester or 27 quarter units in the major or area of emphasis as determined by the community college district
- (4) Obtainment of a minimum grade point average (GPA) of 2.0
- (5) Earn a grade of "C" or better in all courses required for the major or area of emphasis.