

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 CORE (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 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 |

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| | | |
|----------|--------------------------------|---|
| 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 |

FITNESS

| | | |
|---------|--|-----|
| 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 |

INDIVIDUAL SPORTS

| | | |
|---------|----------------------------------|---|
| 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 |

TEAM SPORTS

| | | |
|---------|---------------------|---|
| PEX 163 | Baseball, Beginning | 1 |
| PEX 165 | Basketball, Novice | 1 |

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| | | |
|---------|---------------------------------|---|
| 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 |
| <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 101 | 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.