Associate in Arts Degree in Kinesiology for Transfer  
2013-2014

The Shasta College Associates in Arts Kinesiology for Transfer Degree (AA-T Degree) provides students with the opportunity to meet the requirements for transfer to the California State University system in the Kinesiology major. In order to earn this degree, a student must complete 60 required semester units of CSU-transferable coursework with a minimum GPA of 2.0. Completing this degree guarantees admission to the CSU system but not to a particular campus or major. The degree is designed to prepare students for a variety of career options in the field of Kinesiology such as: teaching, exercise science, sports medicine and physical therapy. Current and prospective community college students are encouraged to meet with a Counselor to develop an educational plan that best meets their goals and needs.

DEGREE REQUIREMENTS:

PROGRAM REQUIREMENTS:

Associate of Arts in Kinesiology Transfer Degree Requirements:

In addition to the 34-39-unit general education pattern for CSU or IGETC, students must complete the “CORE” courses listed below for the Associate of Arts in Kinesiology Transfer Degree.

**Required Core (16 units):**
- ANAT 1* Human Anatomy with Lab 5
- KINES 1 Foundations of Kinesiology 3
- PHY 1* Physiology with Lab 5

**Movement Based Courses:** (minimum of 3) 3
Select a maximum of one course from any three of the following areas for a minimum of three units.

Aquatics:
- PE 30A Beginning Swimming (1) OR
- PE 30B Intermediate Swimming (1) OR
- PE 30C Advanced Swimming (1) OR
- PE 31 Aqua Aerobics (1) OR
- PE 32 Water Polo (1) OR
- PE 37 Springboard Diving (1)

Team Sports:
- PE 69 Football (1)
- PE 70A Beginning Volleyball (1) OR
- PE 70B Intermediate volleyball (1) OR
- PE 70C Advanced Volleyball (1) OR
- PE 71 Softball (1) OR
- PE 72 Baseball (1) OR
- PE 74 Soccer (1) OR
- PE 75 Basketball (1) OR

Combatives:
- PE 60 Self Defense (1)

Individual Sports: One (1) of the following courses
- PE 51A Beginning Tennis (1) OR
- PE 51B Intermediate Tennis (1) OR
- PE 51C Advanced Tennis (1) OR
- PE 62 Golf (1) OR
- PE 73 Track & Field techniques (1) OR

**Fitness and Conditioning:**
- PE 11 Fundamental Conditioning (1) OR
- PE 12A Beg. Weight Training and Fitness (1) OR
- PE 12B Inter. Weight Training and Fitness (1) OR
- PE 12C Adv. Weight Training and Fitness (1) OR
- PE 15 Aerobic Dance (1) OR
- PE 16 Aerobic Exercise (1) OR
- PE 17 Yoga

List A: Select Two Courses: 7-10

<table>
<thead>
<tr>
<th>Course</th>
<th>Units</th>
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<tbody>
<tr>
<td>BIOL 5*</td>
<td>3</td>
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<tr>
<td>BIOL 6</td>
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<tr>
<td>CHEM 1A*</td>
<td>5</td>
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<td>CHEM 2A*</td>
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<td>KINES 2</td>
<td>3</td>
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<td>MATH 14*</td>
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<tr>
<td>PHYS 2A*</td>
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*May be used to fulfill General Education requirements. See a Counselor.

ASSOCIATE IN SCIENCE DEGREE REQUIREMENTS:

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Units</th>
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<tbody>
<tr>
<td>Major</td>
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<tr>
<td>Additional General Education (CSU GE or IGETC)</td>
<td>34-39</td>
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<tr>
<td>General Electives</td>
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<tr>
<td><strong>Degree Total</strong></td>
<td><strong>60</strong></td>
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Safety, Physical Education, and Consumer Sciences
Shasta College
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