

# KINESIOLOGY (For Transfer)

## DEGREES, CERTIFICATES AND AWARDS

Associate in Arts Degree in Kinesiology for Transfer (AA-T)

### DESCRIPTION

Kinesiology, also known as physical education, is both an activity curriculum and an academic area of study concerned with the physical and psychological aspects of human movement. Exercise, activity and sports are an important component in the development of well-rounded individuals interested in physical well-being and the productive use of leisure time.

**The Associate in Arts in Kinesiology for Transfer (AA-T) is intended for students who plan to complete a bachelor's degree in a similar major at a CSU campus. Students completing this degree are guaranteed admission to the CSU system, but not to a particular campus or major.**

### PROGRAM LEARNING OUTCOMES

1. Identify common injuries in the field of athletics and physical education, and then discuss short-term and long-term treatment plans.
2. List various occupations in the field of physical education and exercise science, and then summarize the educational requirements for employment in each field.
3. Demonstrate skills needed to meet the minimal certification standards when performing first aid and CPR as required by either the American Red Cross (ARC) or American Heart Association (AHA).
4. Demonstrate safe and effective exercise techniques, as well as improved fitness in the four areas of exercise principles (Cardio-respiratory Endurance, Muscular Strength and Endurance, Flexibility, and Body Composition).

### ASSOCIATE DEGREE PROGRAM ( For Transfer)

**The Associate in Arts for Transfer (AA-T) or the Associate in Science for Transfer (AS-T) degree** is intended for students who plan to complete a bachelor's degree in a similar major at a CSU campus. Students completing these degrees (AA-T or AS-T) are guaranteed admission to the CSU system, but not to a particular campus or major. In order to earn one of these degrees, students must complete 60 semester units of CSU transferable coursework with a minimum GPA of 2.0. Students transferring to a CSU campus that does accept the AA-T or AS-T will be required to complete no more than 60 units after transfer to earn a bachelor's degree (unless the major is a designated "high-unit" major). This degree may not be the best option for students intending to transfer to a particular CSU campus or to university or college that is not part of the CSU system. Students should consult with a counselor when planning to complete this degree for more information on university admission and transfer requirements.

### CAREER OPPORTUNITIES

Virtually all two-year career programs in business or technology fields also require a solid foundation in mathematics. Many BA/BS level careers require extensive background in Mathematics.

- Certified Athletic Trainer
- Referee
- Competitor
- Correctional Officer
- Teacher
- Exercise Test Technologist
- Coach
- Recreation and Fitness Worker
- Playground Director
- Amusement and Recreation Attendant
- Strength Conditioning Specialist
- Camp Counselor
- Racquet Club Manager
- YMCA/YWCA Instructor
- Sportscaster
- Corrective Therapist
- League Manager
- Physical Therapist
- Choreographer
- Resort Sports Coordinator
- Recruiter
- Health and Safety Director
- Sports Editor
- Dance Therapist
- Recreation Specialist
- Community Center Leader
- Recreation Leader
- Scouts
- Industrial Recreation Leader
- Sports Information Director
- Physical Therapy Assistant

**Gainful Employment:** Federal regulations require institutions to provide students with Gainful Employment information for specific certificate programs offered at IVC. Please click on our Programs of Study link to view the information for each certificate program: <http://www.imperial.edu/courses-and-programs/programs-of-study/>

### TRANSFER PREPARATION

Courses that fulfill major requirements for an associate degree at Imperial Valley College may not be the same as those required for completing the major at a transfer institution offering a bachelor's degree. Students who plan to transfer to a four-year college or university should schedule an appointment with an IVC Counselor to develop a student education plan (SEP) before beginning their program.

#### Transfer Resources:

[www.ASSIST.org](http://www.ASSIST.org) – CSU and UC Articulation Agreements and Majors Search Engine

[www.CSUMentor.edu](http://www.CSUMentor.edu) – CSU System Information

[www.universityofcalifornia.edu/admissions/index.html](http://www.universityofcalifornia.edu/admissions/index.html) - UC System Information

[www.aiccu.edu](http://www.aiccu.edu) – California Independent Colleges and Universities, Association of

<http://wiche.edu/wue> - Western Undergraduate Exchange Programs

### FINANCIAL AID

Paying for the cost of a college education requires a partnership among parents, students and the college. As the cost of higher education continues to rise we want you to know that IVC offers a full array of financial aid programs – grants, work study, scholarships, and fee waivers (we do not participate in the federal loan programs). These programs are available to both full and part time students who are seeking a degree or certificate. For those who qualify, financial aid is available to help with tuition, fees, books and supplies, food, housing, transportation, and childcare. Please log onto our website for additional information: [www.imperial.edu/students/financial-aid-and-scholarships/](http://www.imperial.edu/students/financial-aid-and-scholarships/)

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## ASSOCIATE DEGREE PROGRAM

### KINESIOLOGY

Associate in Arts Degree in Kinesiology for Transfer (AA-T) - 21.0-23.0

ALL COURSES FOR THIS MAJOR MUST BE COMPLETED WITH A MINIMUM GRADE OF "C" OR BETTER.

### REQUIREMENTS FOR THE DEGREE

- I. **Units/GPA** – Must complete 60 CSU transferable semester units with a minimum grade point average (GPA) of at least 2.0 in all CSU transferable coursework. **NOTE: While a minimum of 2.0 is required for admission, some institutions and majors may require a higher GPA. Please consult with a counselor for more information.**
- II. **General Education** – Must complete one of the following general education transfer patterns:
  - A. California State University General Education Breadth Pattern (CSU GE-B) – 39 units minimum
  - B. Intersegmental General Education Transfer Curriculum (IGETC) – 37 units minimum

### III. Associate Degree Major Core - 21.0-23.0 units

#### Required for the Major (11.0 units)

PE	209	Introduction to Kinesiology	3.0
BIOL	204	Human Anatomy	4.0
BIOL	206	Human Physiology	4.0

**Movement-Based Courses: Select one course from at least three areas for a minimum of three units:** 3.0

#### Area 1: Aquatics

PE	121	Beginning to Intermediate Swimming (1.0)
PE	142	Advanced Swimming (1.0)

#### Area 2: Fitness

PE	104	Weight Training (1.0)
PE	106	Walking/Jogging Fitness (1.0)
PE	111	Aerobics - Step (1.0)

#### Area 3: Individual Sports

PE	126 *	Tennis (1.0)
PE	127 *	Tennis - Advanced (1.0)
PE	170 *	Beginning Bowling (1.0)
PE	171 *	Intermediate Bowling (1.0)
PE	172 *	Advanced Bowling (1.0)

#### Area 4: Team Sports

PE	112	Basketball Co-Ed(1.0)
PE	120	Softball (1.0)
PE	126 *	Tennis (1.0)
PE	127 *	Tennis - Advanced (1.0)
PE	128	Volleyball (1.0)
PE	129	Volleyball - Advanced (1.0)
PE	143	Advanced Basketball - Men (1.0) Advanced
PE	144	Basketball - Women (1.0) Beginning
PE	170 *	Bowling (1.0)
PE	171 *	Intermediate Bowling (1.0)
PE	172 *	Advanced Bowling (1.0)

#### List A: Select two courses (7.0-9.0 units)

BIOL	100	Principles Of Biological Science (4.0)	7.0-9.0
CHEM	100	Introduction To Chemistry (4.0)	
OR			
CHEM	200	General Inorganic Chemistry I (5.0)	7.0-9.0
HE	104	First Aid and CPR (3.0)	
MATH	119	Elementary Statistics (4.0) General	
PHYS	200	Physics I (4.0)	

\*Courses designated with an asterisk may be counted in one area only.

Total Major Units	21.0-23.0
CSU GE-B or IGETC Pattern	37.0-39.0
Electives (as needed to reach 60 CSU transferable units)	
<b>Total Maximum Units:</b>	<b>60.0</b>