

# PROGRAMS

## KINESIOLOGY AA-T

Kinesiology is the study of the human body and human movement. As a Kinesiology major and future Kinesiologist, you'll use your knowledge of human physiology and movement to improve people's lives through movement.

### Associate in Arts in Kinesiology Degree for Transfer

- [Kinesiology Department](#)
- [View all Kinesiology courses and degree.](#)

[Register via Mission Portal](#)

The Associate in Arts in Kinesiology for Transfer (AA-T in Kinesiology) is designed to provide a clear pathway to a CSU institution for students who plan to transfer and complete a CSU major or Bachelor of Kinesiology.



I pretty much got into community college, not knowing how to college, I got very lost after the first two community colleges and ended up here at Mission College. I surrounded myself with like-minded individuals by joining a kinesiology club. School is very important to me because with my parents coming from the Philippines, they didn't have these opportunities.

Kim Pajarillo '17

Athletic Strength Training Major

[Read testimonial-pronounHer Story](#)



Students completing this program successfully will be able to demonstrate an understanding of the major systems of the human body as they relate to movement and activity by identifying, explaining, and applying principles of anatomy and physiology in various contexts. [Learn more about our program.](#)

California Community College students who are awarded an Associate in Arts in Kinesiology for Transfer (AA-T in Kinesiology) are guaranteed admission with junior standing somewhere in the CSU system and given priority admission consideration to their local CSU institution or to a program deemed similar to their community college major.

This priority does not guarantee admission to specific majors or institutions. The Associate in Arts in Kinesiology for Transfer (AA-T in Kinesiology) is designed to introduce the student to many facets of the science and study of movement.

Kinesiology courses enhance skills and physical development in combatives, dance, individual and team sports, and fitness. Courses provide a foundation for understanding human anatomy and physiology.

Students who complete the Associate in Arts in Kinesiology for Transfer (AA-T in Kinesiology) meet the lower-division requirements for transfer to a four-year program of study in Kinesiology.

### Program Learning Outcomes

- Students will demonstrate an understanding of the major systems of the human body as they relate to movement and activity by identifying, explaining, and applying principles of anatomy and physiology in various contexts.
- Students will critically analyze movement and effectively communicate their analysis.

### What is an AA-T

The Associate in Arts for Transfer (AA-T) is intended for student who plan to transfer and complete a bachelor's degree in a similar major at a CSU campus. Students completing these transfer degrees:

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- will earn an Associate's Degree from Mission College;
- are guaranteed admission to a similar major at a campus in the CSU system;
- will be prepared to start upper division coursework at the CSU;
- and will not have to complete more than 60 units after transfer.

A complete and up-to-date listing of the similar CSU majors can be found on the [icangotocollege.com](http://icangotocollege.com).

### Meet the Following Requirements

1. Completion of the following major courses with grades of C or P or better.
2. Completion of 60 CSU-transferable semester units with a grade point average of at least 2.0; and
3. Certified completion of either the California State University General Education Breadth pattern (CSU GE-B) or the CSU Intersegmental General Education Transfer Curriculum (CSU IGETC).

### Please Note

- *Completing courses that satisfy CSU's U.S. History, Constitution and American Ideals requirement prior to transfer is highly recommended.*
- *Requirements here apply to the current catalog year and are subject to change. Visit DegreeWorks in My Mission Portal to view requirements based your catalog year.*

### Core Curriculum Required

| Code    | Class                                     | Units |
|---------|---|-------|
| BIO 047 | Human Anatomy (3.0 Lecture/2.0 Lab)       | 4.0   |
| BIO 048 | Human Physiology (3.0 Lecture/2.0 Lab)    | 5.0   |
| KIN 078 | Introduction to Kinesiology (3.0 Lecture) | 3.0   |

### Select Two Courses from the Following

*CHM 001AH and MAT 010H can be taken in lieu of CHM 001A and MAT 010. MAT 009 or SOC 016 can be substituted for MAT 010.*

| Code     | Class  | Units |
|----------|--|-------|
| BIO 011  | Human Biology (3.0 Lecture/1.0 Lab)                                  | 4.0   |
| CHM 001A | General Chemistry (3.0 Lecture/2.0 Lab)                              | 5.0   |
| CHM 030A | Fundamentals of Chemistry (3.0 Lecture/1.0 Lab)                      | 4.0   |
| MAT 010  | Elementary Statistics (4.0 Lecture)                                  | 4.0   |
| PHY 002A | General Physics - Mechanics and Thermodynamics (4.0 Lecture/1.0 Lab) | 5.0   |

### Movement Based Courses

Select three (3) courses from the three (3) different movement based areas for a minimum of three (3.0) units: Combative, Dance, Fitness, Individual Sports, Team Sports.

#### Combatives

| Code     | Class                                 | Units |
|----------|---------------------------------------|-------|
| KIN 050A | Tai Chi - Introduction (1.0 Lab)      | 1.0   |
| KIN 050B | Tai Chi - Beginning (1.0 Lab)         | 1.0   |
| KIN 051A | Aikido - Introduction (1.0 Lab)       | 1.0   |
| KIN 051B | Aikido - Beginning (1.0 Lab)          | 1.0   |
| KIN 053A | Karate - Introduction (1.0 Lab)       | 1.0   |
| KIN 053B | Karate - Beginning (1.0 Lab)          | 1.0   |
| KIN 055A | Self-Defense - Introduction (1.0 Lab) | 1.0   |

#### Dance

| Code     | Class                                 | Units |
|----------|---------------------------------------|-------|
| KIN 040A | Modern Dance - Introduction (1.0 Lab) | 1.0   |

| Code     | Class                                      | Units |
|----------|--|-------|
| KIN 041A | Ballet - Introduction (1.0 Lab)            | 1.0   |
| KIN 041B | Ballet - Beginning (1.0 Lab)               | 1.0   |
| KIN 041C | Ballet - Intermediate (1.0 Lab)            | 1.0   |
| KIN 041D | Ballet - Advanced (1.0 Lab)                | 1.0   |
| KIN 042A | Jazz Dance - Introduction (1.0 Lab)        | 1.0   |
| KIN 042B | Jazz Dance - Beginning (1.0 Lab)           | 1.0   |
| KIN 046A | Ballroom Dancing - Introduction (1.0 Lab)  | 1.0   |
| KIN 046B | Ballroom Dancing - Beginning (1.0 Lab)     | 1.0   |
| KIN 046C | Ballroom Dancing - Intermediate (1.0 Lab)  | 1.0   |
| KIN 046D | Ballroom Dancing - Advanced (1.0 Lab)      | 1.0   |
| KIN 047A | Hip Hop - Introduction (1.0 Lab)           | 1.0   |
| KIN 047B | Hip Hop - Beginning (1.0 Lab)              | 1.0   |
| KIN 048A | Latin Dance/Salsa - Introduction (1.0 Lab) | 1.0   |
| KIN 048B | Latin Dance/Salsa - Beginning (1.0 Lab)    | 1.0   |

**Fitness**

| Code     | Class  | Units |
|----------|--|-------|
| KIN 030A | Pilates Matwork - Introduction (1.0 Lab)         | 1.0   |
| KIN 030B | Pilates Matwork - Beginning (1.0 Lab)            | 1.0   |
| KIN 031A | Step Aerobics - Introduction (1.0 Lab)           | 1.0   |
| KIN 031B | Step Aerobics - Beginning (1.0 Lab)              | 1.0   |
| KIN 032A | Cardio and Core Fitness - Introduction (1.0 Lab) | 1.0   |
| KIN 032B | Cardio and Core Fitness - Beginning (1.0 Lab)    | 1.0   |
| KIN 033A | Kickboxing Fitness- Introduction (1.0 Lab)       | 1.0   |
| KIN 033B | Kickboxing Fitness - Beginning (1.0 Lab)         | 1.0   |
| KIN 035A | Weight Training - Introduction (1.0 Lab)         | 1.0   |
| KIN 035B | Weight Training - Beginning (1.0 Lab)            | 1.0   |
| KIN 035C | Weight Training - Intermediate (1.0 Lab)         | 1.0   |
| KIN 037A | Cardio-Cross Training - Introduction (1.0 Lab)   | 1.0   |
| KIN 037B | Cardio-Cross Training - Beginning (1.0 Lab)      | 1.0   |
| KIN 038A | Lower Body Conditioning Introduction (1.0 Lab)   | 1.0   |
| KIN 038B | Lower Body Conditioning Beginning (1.0 Lab)      | 1.0   |
| KIN 038C | Lower Body Conditioning - Intermediate (1.0 Lab) | 1.0   |
| KIN 038D | Lower Body Conditioning Advanced (1.0 Lab)       | 1.0   |
| KIN 061A | Hatha Yoga - Introduction (1.0 Lab)              | 1.0   |
| KIN 061B | Hatha Yoga - Beginning (1.0 Lab)                 | 1.0   |
| KIN 061C | Hatha Yoga - Intermediate (1.0 Lab)              | 1.0   |
| KIN 063A | Hiking - Introduction (1.0 Lab)                  | 1.0   |
| KIN 063B | Hiking - Beginning (1.0 Lab)                     | 1.0   |

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### Individual Sports

| Code     | Class  | Units |
|----------|--|-------|
| KIN 021A | Tennis - Introduction (1.0 Lab)                            | 1.0   |
| KIN 021B | Tennis - Beginning (1.0 Lab)                               | 1.0   |
| KIN 021C | Tennis - Intermediate (1.0 Lab)                            | 1.0   |
| KIN 021D | Tennis - Advanced (1.0 Lab)                                | 1.0   |
| KIN 021E | Tennis - Tournament (2.0 Lab)                              | 2.0   |
| KIN 021F | Tennis - Doubles Strategies and Play (0.5 Lecture/1.0 Lab) | 1.5   |
| KIN 023A | Archery: Introduction (1.0 Lab)                            | 1.0   |
| KIN 020A | Badminton- Introduction (1.0 Lab)                          | 1.0   |
| KIN 020B | Badminton: Beginning (1.0 Lab)                             | 1.0   |
| KIN 020C | Badminton - Intermediate (1.0 Lab)                         | 1.0   |

### Team Sports

| Code     | Class                               | Units |
|----------|-------------------------------------|-------|
| KIN 014A | Volleyball - Introduction (1.0 Lab) | 1.0   |
| KIN 014B | Volleyball - Beginning (1.0 Lab)    | 1.0   |
| KIN 015A | Basketball - Introduction (1.0 Lab) | 1.0   |
| KIN 015B | Basketball - Beginning (1.0 Lab)    | 1.0   |
| KIN 019A | Soccer - Introduction (1.0 Lab)     | 1.0   |
| KIN 019B | Soccer - Beginning (1.0 Lab)        | 1.0   |

***For sections with honors courses, select either the honors version or the non-honors version.***

#### Required Units for the Major

|   | Units     |
|---|-----------|
| Required Units for the major                  | 24.0-27.0 |
| GE and electives as needed to reach 60 units. |           |
| Total required units for the AA-T             | 60.0      |