

VENTURA COLLEGE

SET YOUR COURSE

Associate Degree for Transfer – Kinesiology

STUDENT ADVISING GUIDE



Associate Degree for Transfer
A Degree with a Guarantee.SM

Kinesiology:

The Kinesiology degree and classes offer students an opportunity to enrich their education with emphasis on improved individual physical well-being as well as to prepare students for transfer to bachelor's degree programs in Kinesiology, Exercise Science, Physical Education, Physical Therapy, Athletic Training, Coaching and Fitness Management. Students may obtain an Associate in Arts in Kinesiology for Transfer and optimize preparation for advanced degrees in Kinesiology at four-year institutions. Typical employment opportunities in the field are in the areas of teaching, coaching, personal or group training, fitness instruction, fitness specialists, physical therapy assistants, recreation, as well as managerial positions in athletics and recreation centers.

The Associate in Arts in Kinesiology for Transfer (Kinesiology AA-T) is intended for students who plan to complete a bachelor's degree in a similar major at a CSU campus. Students completing the degree are guaranteed admission to the CSU system, but not to a particular campus or major. A student graduating with an Associate in Arts in Kinesiology for Transfer may transfer to a CSU Campus to complete a Bachelor's Degree in Kinesiology or similar programs.

To earn a Kinesiology AA-T degree, students must complete:

1. Certified completion of 60 semester units or 90 quarter units that are eligible for transfer to the California State University, including both of the following:
 - a. The Intersegmental General Education Transfer Curriculum (IGETC-CSU) or the California State University General Education-Breadth Requirements.
 - b. A minimum of 18 semester units or 27 quarter units in a major or area of emphasis, as determined by the community college district.
2. Obtainment of a minimum grade point average of 2.0 in all CSU transfer courses.
3. Obtainment of a "C" grade or better, or "P," in all courses required for the major.
4. Complete a minimum of 12 units in residency at the college granting the degree.

REQUIRED CORE COURSES (14 units):		UNITS
KIN V81	Fundamentals of Kinesiology	3
ANAT V01	General Human Anatomy	4
PHSO V01	Introduction to Human Physiology	4
Select three (3) courses from the following areas. (no more than 1 course per area)		
Aquatics		
KIN V01	Swimming I	1

KIN V02	Swimming II	1
Combatives		
KIN V50A	Aikido I	1
KIN V50B	Aikido II	1
KIN V52	Self Defense and Assault Prevention	1
KIN V76A	Tai Chi I	1
KIN V76B	Tai Chi II	1
Dance		
DANC V10A	Modern I	2
DANC V10B	Modern II	2
DANC V10C	Modern III	2
DANC V10D	Modern IV	2
DANC V13A	Tap I	2
DANC V13B	Tap II	2
DANC V13C	Tap III	2
DANC V13D	Tap IV	2
DANC V15A	Ballet I	2
DANC V15B	Ballet II	2
DANC V15C	Ballet III	2
DANC V15D	Ballet IV	2
DANC V23	Ballroom Dance	2
DANC V27	Street Dance	2
DANC V29A	Jazz I	2
DANC V29B	Jazz II	2
DANC V29C	Jazz III	2
DANC V29D	Jazz IV	2
Fitness		
KIN V10	Aerobic and Strength Training	1
KIN V12	Bicycle Conditioning: Spinning	1
KIN V13	Advanced Spinning/Interval Training	1
KIN V16	Aerobic Kickboxing	1
KIN V18	Cardiovascular Fitness: Machine Training	1
KIN V19	Indoor Cross Fitness Training	1
KIN V20	Walking to Restore Fitness	1
KIN V21	Fitness Walking/Jogging	1
KIN V22	Running for Fitness	1
KIN V23	Advanced Running/Interval Training	1
KIN V24	Life Fitness	1
KIN V26	Weight Training and Conditioning: Free Weights	1
KIN V28	Conditioning: Designed for Women	1
KIN V33	Body Conditioning Boot Camp	1
KIN V70A	Yoga I	1
KIN V70B	Yoga II	1
KIN V74A	Core Balance and Fitness	1
KIN V74B	Advanced Core Balance and Fitness	1
Individual Sports		
KIN V44A	Tennis I	1
KIN V44B	Tennis II	1
Team Sports		

KIN V40A	Basketball I	1
KIN V40B	Basketball II	1
KIN V46A	Volleyball I	1
KIN V46B	Volleyball II	1
KIN V48A	Soccer I	1
KIN V48B	Soccer II	1
List A: Select two (2) of the following courses (6-9 units)		
MATH V44 OR PSY V04	Elementary Statistics	4
BIOL V12 OR BIOL V01 AND BIOL V01L	Introductory Statistics for the Social and Behavioral Sciences	4
	Principles of Human Biology	3
	Principles of Biology	3
	Principles of Biology Laboratory	1
CHEM V20 AND CHEM V20L	Elementary Chemistry	4
	Elementary Chemistry Laboratory	1
OR CHEM V30 AND CHEM V30L	Chemistry for Health Sciences	4
	Chemistry for Health Sciences Laboratory	1
OR CHEM V01A AND CHEM V01AL	General Chemistry I	3
	General Chemistry I Laboratory	2
PSY V02A AND PSY V02AL	General Physics I: Algebra/ Trigonometry-Based	4
	General Physics I: Laboratory 1 Algebra/Trigonometry- Based	1
OR PHYS V03A AND PHYS V03AL	General Physics I: Calculus-Based	4
	General Physics I Laboratory: Calculus-Based	1
OR PHYS V04 AND PHYS V04L	Mechanics for Scientists and Engineers	4
	Mechanics Laboratory for Scientists and Engineers	1

KIN V80	First Aid, Safety, AED, and CPR for the Professional	3
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Major Units	20-25
CSU General Education or IGETC Pattern	37-39
Electives (CSU transferrable units to reach 60)	8-13
Double-Counted Units	(10-12)

DEGREE TOTAL 60

Please refer to Course Identification System (C-ID) website for course numbers
http://www.c-id.net/course_compare.html

Program effective Fall Semester 2014.

Approved on 10/22/2014 by the California Community College Chancellor's Office.

Transfer requirements may differ. See a counselor or consult www.assist.org,
if you plan to transfer to a UC campus or a college or university other than CSU.

(MH 5/17)