



# AAT-Kinesiology for Transfer Degree 23-24

## Recommended Plan of Study - Counseling

All courses with a + sign indicate a pre-requisite or co-requisite

Term 1 (Fall/Spring: Max. 19 units, 12-15 u. recommended)			Units	Term 3 (Fall/Spring: Max. 19 units, 12-15 u. recommended)			Units	
CSU GE B2/B3	<b>BIOL 101 (Pre-req BIOL 201)</b>	5B/C IGETC	4	<b>BIOL 201+ General Human Anatomy</b>			4	
CSU GE B4	<b>Req. Elec. A: Mathematics 115+</b>	2 IGETC	4	<b>KINT 100, Introduction to Kinesiology</b>			3	
CSU GE A1	COMM 101(CSU only)	1c IGETC	3	<b>Required Movement-Based Course</b>			1	
CSU GE A2	(English 101)	1a IGETC	3	CSU GE D	(POLS 101) American Institutions	4 IGETC	3	
CSU GE E (CSU Only)	<i>or</i>	3AH IGETC	3	CSU C1/C2	LOTE 102 (UC only If needed)	**6 IGETC or (UC) Elective	3	
# Recommended		Total	<b>17</b>	**IGETC/LOTE 101 & 102 (UC only) req. w/out 2 yrs of H.S. Forg. Lang.			Total	<b>14</b>
Term 2 (Fall/Spring: Max. 19 units, 12-15 u. recommended)			Units	Term 4 (Fall/Spring: Max. 19 units, 12-15 u. recommended)			Units	
CSU GE B1	<b>PHYS 101 (Adv. MATH 135 or 140)</b>	5A IGETC	4	<b>BIOL 202+ General Human Physiology (CHEM 101 pre-requisite)</b>			4	
<b>Required Movement-Based Course</b>			1	<b>Required Elective A: HE 100, First Aid and Emergency Care</b>			3	
CSU GE C1		3A IGETC	3	<b>Required Movement-Based Course</b>			1	
CSU GE A3		1b IGETC	3	CSU GE D	(HIST 107 or 108 or 110 or 111) A.I.	4 IGETC	3	
CSU GE C2		3H IGETC	3	CSU GE F (beg. 21-22)	Ethnic Studies	(beg. 23-24) 7 IGETC	3	
Total			<b>14</b>	% CSU B3 & IGETC 5C must correspond with one Science Lecture			Total	<b>14</b>
Term 3 (Summer: Max. 15 units, 12 units recommended)			Units	<b>Transfer or Graduate</b>				
CSU Elective	<b>CHEM 101+ (Pre-requisite for BIOL 202)</b>	Elective (UC)	5					

Take Summer classes if needed to complete the program in a timely manner.

The state requires all students to have a Comprehensive Educational Plan. Make a counseling appointment as soon as enrollment is established on any term. Come by the Counseling Center or call. Online Counseling is available: <https://www.avc.edu/student-services/counseling>

Required Courses:	Units	Required Electives A - Select 6 - 9 units from below:
KINT 100, Introduction to Kinesiology	3	*CHEM 110+, General Chemistry
* BIOL 201+ General Human Anatomy	4	HE 100, First Aid and Emergency Care
* BIOL 202+ Gen. Human Physiology (CHEM 101 & BIOL 201 pre-reqs)	4	HE 101, Health Education
<b>Movement-Bases Courses: Max. one course from any 3 areas (3 units):</b>		*MATH 115+, Statistics
<b>Aquatics:</b>		*PHYS 101, General Physics
KINF 190, Beginning Swimming for Non-swimmers		PSY 101, General Psychology <b>OR</b>
KINF 191, Beginning Swimming	1	SOC 101, Introduction to Sociology
KINF 192, Intermediate Swimming	1	<b>Minimum Units Required for Major: 20</b>
KINF 193, Beginning Water Aerobics	1	<i>other requirements for degree</i>
KINF 194, Intermediate Water Aerobics	1	CSU GE Breath (39 units min.) or IGETC (34 units min.) Pattern
KINF 195, Beginning Fitness Swimming	1	CSU Transferrable Elective Units to reach Degree Total
KINF 196, Intermediate Fitness Swimming	1	<b>Minimum Units Required: 60</b>
<b>Dance:</b>		*Courses denoted with an asterisk may fulfill the completion requirements for both the major and general education.
DA 103, Beginning Modern Dance	1	<b>General Education Requirements:</b> Complete either the CSU Breath Requirements or IGETC.
DA 106, Ballroom Dance	1	**LOTE: Language Other than English
<b>Fitness:</b>		
KINF 107, Beginning Weight Lifting	1	
KINF 108, Intermediate Weight Lifting	1	
KINF 130, Physical Conditioning	1	
KINF 144, Hatha Yoga	1	
<b>Individual Sports:</b>		
KINF 160, Beginning Tennis	1	
KINF 161, Intermediate Tennis	1	
KINF 260, Advanced Tennis	1	
<b>Team Sports:</b>		
KINF 115, Beginning Fast-pitch Softball	1	
KINF 116, Intermediate Fast-Pitch Softball	1	
KINF 140, Beginning Golf	1	
KINF 150, Beginning Soccer	1	
KINF 151, Intermediate Soccer	1	
KINF 180, Beginning Volleyball	1	
KINF 181, Intermediate Volleyball	1	
KINF 215, Advanced Fast-Pitch Softball	1	
KINF 220, Advanced Basketball	1	
KINF 280, Advanced Volleyball	1	

*Policies in the back page....*

## AAT-Kinesiology for Transfer Degree 23-24 Recommended Plan of Study - Counseling

The Associate in Arts in Kinesiology for Transfer (AA-T) degree offers students a fundamental knowledge of human movement and physical activity. Students will enhance their own understanding of lifetime patterns of physical activity and enhance problem solving and critical thinking by studying concepts and techniques to apply and impart them to the diversity of backgrounds, body types and physical needs. The Associate in Arts in Kinesiology for Transfer (AA-T in Kinesiology) degree meets the requirements of SB 1440 for Associate Degrees for Transfer (ADT). These degrees are intended to make it easier for students to transfer to California State University campuses, but do not exclude admittance to other colleges or universities

These degrees are intended to make it easier for students to transfer to California State University campuses, but do not exclude admittance to other colleges or universities. To earn an Associates of Art in Kinesiology for Transfer (AA-T) a student must:

1. 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) 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.

ADTs also require that students must earn a C or better in all courses required for the major or area of emphasis.

**Advisory:** A condition of enrollment that a student is advised, but not required, to meet before or in conjunction with enrollment in a course or educational program.

**Prerequisite:** A condition of enrollment that a student is required to meet in order to demonstrate current readiness for enrollment in a course or educational program. Prerequisites are enforced and a student will be blocked from enrolling or involuntarily dropped after enrolling if the student does not meet the stated prerequisite. A student must complete a course prerequisite with a satisfactory grade of A, B, C or P (pass).

**Corequisite:** A condition of enrollment consisting of a course that a student is required to simultaneously take in order to enroll in another course. Corequisites are enforced and a student will be blocked from enrolling if the student does not meet the stated corequisite.

**Electives:** The remaining number of units (up to a minimum of 60) are considered electives. Any course that has already been counted toward (1) the general education requirements, or (2) the major, cannot be used as an elective. Any course with a designation of "CSU" at the end of a course description can be used as an elective for a CSU transfer and a "UC" designation for a UC school.

**Grade Point Average Requirement:** An overall grade point average of 2.0 ("C" average) is required.

**Double Counting:** While a course might satisfy more than one general education requirement, it may not be counted more than once for these purposes. A course may be used to satisfy both a general education requirement and a major or area of emphasis requirement.

• **Residency:** Minimum of 12 units completed at AVC with a minimum of 9 of those units completed from the certificate/major. (credit earned by examination will not be included in these 12 units) Title 5, Section 54000: <http://ccr.oal.ca.gov>.

**Requirements for Two or More Associate Degrees:** To be eligible for multiple associate degrees, a student must have completed all of the graduation requirements for each degree.

**Transfer:** Students planning to continue studies at a four-year college or university after AVC should visit the Transfer Resource Center or the Counseling Center and consult with a counselor as soon as possible to develop a plan of studies. Additional preparation for the major information on official transfer articulation agreements from AVC to many CSU/UC campuses can be found at the following Web site: [www.assist.org](http://www.assist.org)

The "Catalog Rights Policy" sets forth the criteria used for determining the degree requirements under which students may graduate. Please refer to the AVC Catalog for a detailed description or consult with a counselor.