

# KINESIOLOGY: AA-T DEGREE

Kinesiology is the study of human movement. The curriculum offered at Napa Valley College is designed to prepare the student for transfer to the four-year level college/university. The Associate in Arts in Kinesiology for Transfer Degree prepares students for advanced study in a number of exercise and movement related fields. Graduates of this program will be prepared for further study or careers in teaching, coaching, adapted physical education, allied health fields, health and fitness industries, sport industries, or exercise and movement science. The Associate in Arts in Kinesiology for Transfer degree (AA-T) provides a comprehensive foundation in Kinesiology in preparation for transfer to baccalaureate programs in the California State University (CSU) system in Kinesiology. To fulfill the requirements for this degree, students will complete the required and elective courses in the area of emphasis and the appropriate general education pattern totaling 60 semester CSU-transferable units. A minimum overall GPA of 2.0 and the minimum grade of "C" for each course in the major.

## Program Learning Outcomes

1. Use basic principles of health and wellness to develop an informed, personal approach to mental and physical health.
2. Understand the principles of lifetime fitness and incorporate fitness activities into a healthy and active lifestyle.
3. Acquire knowledge and demonstrate skills to safely engage in physical activities.

## Degree Requirements

Code	Title	Units
<b>Required Core Courses (13 units)</b>		
KINE-201	Introduction to Kinesiology	3
BIOL-218	Human Anatomy	5
BIOL-219	Human Physiology	5
<b>Required Movement Based Courses</b>		
Complete a maximum of one course from three of the following areas:		3
Area 1: Aquatics		
KINE-100	Swimming	
KINE-100B	Intermediate Swimming	
Area 2: Combatives		
KINE-131	Cardio Kickboxing	
KINE-131B	Intermediate Cardio Kickboxing	
KINE-139	Kickboxing With Jeet Kune Do Concepts Level 1	
KINE-141	Kickboxing With Jeet Kune Do Concepts Level 2	
Area 3: Dance		
DANS-128A	Salsa and Latin Social Dance I	
DANS-128B	Salsa & Latin Social Dance II	
DANS-134	Ballet Level I	
DANS-134B	Ballet II	
DANS-135	Street Jazz (Beginning Hip Hop)	
DANS-136	Jazz Dance I	
DANS-136B	Jazz Dance II	
DANS-137A	Tap Dance 1	
DANS-138	Modern Dance Level I	
DANS-138B	Modern Dance II	

DANS-154	Mat Pilates	
DANS-154B	Intermediate Pilates	
Area 4: Fitness		
DANS-133	Barre Fitness	
KINE-103	Fitness for Life	
KINE-129	Spinning	
KINE-129B	Intermediate Spinning	
KINE-130	Yoga	
KINE-130B	Intermediate Yoga	
KINE-133	Body Sculpting	
KINE-133B	Intermediate Body Sculpting	
KINE-146	Fitness Flexibility	
KINE-146B	Intermediate Fitness and Flexibility	
KINE-148	Walking for Fitness	
KINE-148B	Intermediate Walking for Fitness	
KINE-151	Weight Training	
KINE-151B	Intermediate Weight Training	
KINE-151C	Olympic Weight Training	
KINE-154	Mat Pilates	
KINE-154B	Intermediate Pilates	
Area 5: Individual Sports		
KINE-112	(Golf)	
KINE-112B	Intermediate Golf	
KINE-123	Tennis	
KINE-123B	Intermediate Tennis	
KINE-125	Volleyball	
KINE-125B	Intermediate Volleyball	
KINE-172	Rugby	
<b>Required Electives: List A (6-9 units)</b>		
Complete two courses from the following:		6-9
CHEM-111	Introduction to Organic & Biological Chemistry	
or CHEM-121 (General Chemistry 1)		
HELH-100	Community First Aid & Safety	
HELH-106	Personal & Community Health	
MATH-232	Introduction to Statistics	
PSYC-120	Introduction to Psychology	
or SOCI-120 Introduction to Sociology		
PHYS-120	General Physics 1	
or PHYS-140 Physics for Scientists & Engineers 1		
<b>Total Units</b>		<b>22-25</b>

To receive an Associate Degree for Transfer, students must complete 60 CSU transferable semester units with a grade point average of at least 2.0, and either the California State University General Education (CSU-GE) (<https://catalog.napa valley.edu/getting-your-degree/general-education/#csugeneraleducationtext>) or the Intersegmental General Education Transfer Curriculum (IGETC) (<https://catalog.napa valley.edu/getting-your-degree/general-education/#igetcgeneraleducationtext>) pattern. Consultation with a Counselor is highly encouraged to ensure all requirements are met.