



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

Program Requirements: 23-24 units

Required Core (13 units)		Units
KIN 101	Introduction to Kinesiology	3.0
BIOL 211	Human Anatomy	5.0
BIOL 231	Human Physiology	5.0
Required Movement Based Courses – Select a maximum of one (1) course from any three (3) of the following areas for a minimum of three units:		
AREA 1: AQUATICS		
KIN 186A	Intro to Aqua Jogging	1.0
KIN 186B	Aqua Jogging	1.0
AREA 2: COMBATIVES		
KIN 168	Self-Defense	1.0
AREA 3: DANCE		
KIND 160A	Tap Dance IA	1.0
KIND 160B	Tap Dance IB	1.0
KIND 160C	Tap Dance IC	1.0
KIND 161A	Tap Dance IIA	1.0
KIND 161B	Tap Dance IIB	1.0
KIND 161C	Tap Dance IIC	1.0
KIND 162A	Introduction to Ballroom Dance	1.0
KIND 162B	American Rhythm Ballroom Dance	1.0
KIND 163A	Latin Ballroom Dance	1.0
KIND 163B	Standard Ballroom Dance	1.0
KIND 166A	Introduction to Ballet IA	1.0
KIND 166B	Building Ballet Basics IB	1.0
KIND 166C	Ballet Fundamentals IC	1.0
KIND 167A	Introduction to Intermediate Ballet IIA	1.0
KIND 167B	Intermediate Ballet Dance IIB	1.0
KIND 167C	Intermediate Ballet Dance IIC	1.0
KIND 169B	Basic Yogalates	1.0
KIND 169C	Yogalates Core Stability and Stretch	1.0
KIND 169D	Yogalates Core Stability and Stretch II	1.0
KIND 170A	Jazz Dance IA	1.0
KIND 170B	Jazz Dance IB	1.0
KIND 170C	Jazz Dance IC	1.0
KIND 174A	Introduction to Modern Dance	1.0
KIND 174B	Basic Modern Dance I	1.0
KIND 174C	Beginning Modern Dance I	1.0
KIND 174D	Intermediate Modern Dance I	1.0

KIND 180	Introduction to Classical Musical Theatre Dance	1.0
KIND 181	Introduction to Contemporary Musical Theatre Dance	1.0
KIND 183	Beginning Contemporary Musical Theatre	1.0
KIND 186A	Introduction to Hip Hop Dance	1.0
AREA 4: FITNESS		
KIN 150	Lifetime Fitness	2.0
KIN 160	Physical Fitness	1.0
KIN 162	Weight Training I	1.0
KIN 163	Weight Training II	1.0
KIN 164	Aerobic Weight Training	1.0
AREA 5: INDIVIDUAL SPORTS		
KIN 180A	Tennis	1.0
KIN 181	Golf	1.0
AREA 6: TEAM SPORTS		
KIN 165	Basketball	1.0
KIN 166	Beginning Volleyball	1.0
KIN 166B	Beginning/Intermediate Volleyball	1.0
KIN 180B	Tennis Doubles	1.0
List A – Select two (7 units)		
MATH 120/H120	Introduction to Statistics	4.0
KIN 102	First Aid & AED/CPR	3.0
BIOL 107	Introduction to Human Biology	4.0

Requirements for the AA-T in Kinesiology degree at Victor Valley College:

- 1) Complete 60 CSU transferable units;
- 2) Complete the CSU General Education (CSUGE) or IGETC General Education pattern;
- 3) Complete the major program requirements (above) with a grade of “C” or better;
- 4) Maintain a cumulative transferable GPA of 2.0 or higher

Students planning to transfer to the California State University (CSU) and pursuing an AA-T at VVC must ensure that the CSU campus of their choice is accepting that similar major. Students completing AA-T degree are guaranteed admission into a CSU campus given that they fulfill all of the requirements above and have completed the Basic/Golden 4 GE requirements. For more information on the AA-T degree, meet with a counselor and visit www.calstate.edu and/or www.adegreewithaguarantee.com.