



Santiago Canyon College

What happens here matters.

2018-2019 Academic Year

Associate of Arts for Transfer: Kinesiology (32434)

The Associate in Arts in Kinesiology for Transfer prepares students to transfer to a four-year institution leading to a baccalaureate degree in Kinesiology. Completion of the degree also provides guaranteed admission with junior status to the CSU system in the Kinesiology major. Please consult a counselor regarding specific course requirements for your transfer institution.

Upon completion of the Associate in Arts in Kinesiology for Transfer degree, students will have a general understanding of the human anatomy, human physiology, and mechanics of human movement, and be able to apply fitness-based concepts.

Learning Outcome(s)

Upon successful completion of the major requirements for this degree, students will be able to

- Demonstrate a general understanding of human anatomy, human physiology, and the mechanics of human movement
- Demonstrate practical application of fitness concepts



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Major Requirements	Units
KIN 100: Introduction to Kinesiology	3
BIOL 239: General Human Anatomy	4
BIOL 249: Human Physiology	4
Select three (3) units from the following:	
Must select one (1) unit course from three different areas: Aquatics, Combatives, Dance, Fitness, or Team Sports	
Aquatics	
KIN 185A: Basic Swimming	(1)
KIN 185B: Intermediate Swimming	(1)
KIN 185C: Advanced Swimming	(1)
KIN 189A: Basic Aqua Aerobics	(1)
Combatives	
KIN 125A: Basic Cardio Kickboxing	(1)
KIN 125B: Intermediate Cardio Kickboxing	(1)
Dance	
DNCE 106A: Introduction to Modern Dance	(1)
DNCE 106B: Introduction to Modern Dance	(1)
DNCE 108A: Introduction to Ballet	(1)
DNCE 108B: Introduction to Ballet	(1)
DNCE 115A: Introduction to Tap Dance	(1)
DNCE 115B: Introduction to Tap Dance	(1)
DNCE 119A: Introduction to Jazz Dance	(1)
DNCE 119B: Introduction to Jazz Dance	(1)
Fitness	
KIN 119: Personal Fitness Evaluation	(1)
KIN 120A: Basic Aerobics	(1)
KIN 120B: Intermediate Aerobics	(1)
KIN 121A: Basic Step Aerobics	(1)
KIN 126A: Basic Spin	(1)
KIN 126B: Intermediate Spin	(1)
KIN 127A: Basic Yoga	(1)
KIN 127B: Intermediate Yoga	(1)
KIN 127C: Advanced Yoga	(1)
KIN 128A: Basic Tai Chi	(1)
KIN 140A: Basic Circuit Weight Training	(1)
KIN 140B: Intermediate Circuit Weight Training	(1)
KIN 140C: Advanced Circuit Weight Training	(1)



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KIN 146A: Basic Strength Training	(1)
KIN 146B: Intermediate Strength Training	(1)
KIN 146C: Advanced Strength Training	(1)
KIN 147: Strength Training for Women	(1)
KIN 200: Conditioning for Athletes (Men)	(1)
KIN 201: Conditioning for Athletes (Co-Ed)	(1)
KIN 202: Conditioning for Athletes (Women)	(1)
KIN 203: Speed and Agility (Men)	(1)
KIN 204: Speed and Agility (Women)	(1)
Team Sports	
KIN 160A: Basic Basketball	(1)
KIN 160B: Intermediate Basketball	(1)
KIN 163A: Basic Indoor Soccer	(1)
KIN 168A: Basic Volleyball	(1)
KIN 168B: Intermediate Volleyball	(1)
Select two (2) courses from the following (List A):	7-10
KIN 101: First Aid and CPR	(3)
CHEM 200A/200AH: General Chemistry A	(5)
MATH 219/219H: Statistics and Probability	(4)
PHYS 150A: Introductory Physics I	(4)
PHYS 250A: Physics for Scientists and Engineers I	(5)
TOTAL	21-24