

KINESIOLOGY

ASSOCIATES DEGREE FOR TRANSFER (AA-T)

The AA-T Kinesiology is intended for students who may pursue studies in fields such as exercise science, kinesiology/physical education credential programs, athletic training/sports medicine, sports administration, and other health related fields. Coursework in this degree defines kinesiology and its sub-disciplines and career pathways, and helps students learn to apply the fundamental concepts and principles of movement.

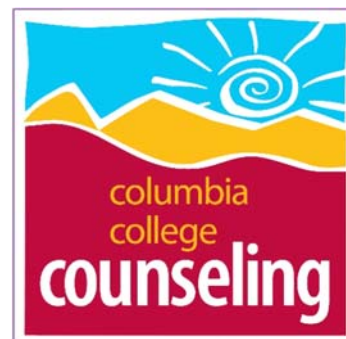
Core Kinesiology classes include:

- Introduction to Kinesiology
- Human Anatomy
- Human Physiology
- Movement-based Activity Courses (HHP)

Other Kinesiology or related electives include:

- General Chemistry
- Safety and First Aid Education
- Statistics
- Introductory Physics
- Health and Fitness Education
- Introduction to Sports Management

Students successfully completing the Kinesiology Associate in Arts for Transfer (AA-T) Degree have a solid foundation for pursuing further education in Kinesiology or a related field. This AA-T degree is specifically designed to streamline transfer to CSU, see www.adegreewithaguarantee.com for details.



FOR MORE INFORMATION

How to Apply

Apply to Columbia College online under the Admissions tab at www.gocolumbia.edu.

Counseling/Advising

Counselors help you identify and achieve your educational, career, and personal goals. Call us at 209-588-5109 or find out more info at www.gocolumbia.edu/counseling.

Financial Aid

File your FAFSA to determine eligibility and find out more at www.gocolumbia.edu/financialaid.

Student Support Services

Columbia College offers a variety of services to support student success—free tutoring, disabled student support, health services, Veteran support, job placement, and more. Check it out at www.gocolumbia.edu/student_services.

Kinesiology Majors go into a variety of careers, some examples are:

At the Associate's Level:

- Community Center Activities
- Personal Trainer
- Fitness Instructor
- Prep for Massage Therapist
- Camp Activities Leader
- Physical Rehab w/ Elderly

At the Bachelor's Level:

- Athletic Trainer
- Injury Prevention
- Personal Trainer
- Athletic Coach
- Recreational Therapist
- Corporate Wellness Manager

At the Master's/Doctorate Level:

- Physical Therapist
- Athletic Director
- Exercise Equipment Design
- Sports Psychologist
- Occupational Therapist
- Sports Management

*This unofficial guide is to be used in conjunction with regular academic counseling appointments. Your Degree Audit is the final and official documentation of degree requirements that have been met. For more information, please see a Columbia College Counselor.

KINESIOLOGY AA-T Degree Requirements • 2017-2018

MAJOR COURSEWORK (21-23 units total)

- BIOL 10 Human Anatomy (4)
- BIOL 60 Human Physiology (4)
- HHP 3 Introduction to Kinesiology (3)
- MAJOR ELECTIVE-3 units of movement based courses, select 1 course from 3 different areas:
 - 1—Combatives: HHP 59A
 - 2—Dance/Aerobics: HHP 8A, 8B, 23, 25
 - 3—Fitness: HHP 6A, 9, 16, 18A, 18B, 56A, 56B
 - 4—Individual Sports: HHP 38A, 38B, 50A, 50B
 - 5—Team Sports: HHP 45, 47A, 47B, 48, 53A, 53B, 53C
- MAJOR ELECTIVE-7-9 units from:
 - CHEM 2A General Chemistry 1 (3)
 - CHEM 2AL General Chemistry 1 Lab (2)
 - HHP 62 Safety & First Aid Education (3)
 - MATH 2 Statistics (4)
 - PHYCS 4A Introductory Physics 1: Trigonometry Level (4)

*Grade of C or better in all Major coursework
 *Students earning this degree are exempt from the Institutional Requirement of completing two activity courses.

GENERAL EDUCATION

- Either the California State University General Education-Breadth Requirements (CSU-GE) OR the Intersegmental General Education Transfer Curriculum (IGETC)
- ANY AP TEST SCORES? _____

ELECTIVE COURSES (if applicable)

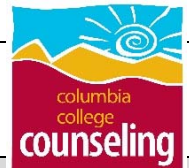
- TRANSFERABLE COURSES #1-99

PRE-REQUISITE COURSES (if applicable)

- MATH: _____
- ENGLISH: _____
- Other: _____

**MUST HAVE MINIMUM TOTAL OF
60 TRANSFERABLE UNITS**

*Students should work with a counselor and verify their campus/es of interest have a similar major and/or any other specific course requirements for entrance or graduation



SUGGESTED Course Schedule (for a 2 year completion)

| SEMESTER 1 (FALL) | SEMESTER 2 (SPRING) | ADVISING TIPS |
|---|---|--|
| <ul style="list-style-type: none"> • ENG 1A (3) • MATH 2 (or 6) (3-4) • HHP major activity (1) • HHP 3 (3) • GE (3)—recommend a guidance course from Area E <p>(13-14 units)</p> | <ul style="list-style-type: none"> • BIO 10 (4) • HHP major activity (1) • CHEM 5 & 5L (or other B.1) GE (3-4) • GE (3) • GE (3) <p>(14-15 units)</p> | <ul style="list-style-type: none"> • Complete orientation • Assess for English and Math placement • Maintain good academic standing • Check student email regularly • Meet with a counselor for an ed plan before completing 15 units • Visit transfer schools of interest • Apply for Columbia College Scholarships |
| <i>Take advantage of Summer Term to lessen semester loads!</i> | | |
| SEMESTER 3 (FALL) | SEMESTER 4 (SPRING) | ADVISING TIPS |
| <ul style="list-style-type: none"> • BIO 60 (4) • Major Elective (3-5) • GE (3) • GE (3) • GE (3) <p>(16-17 units)</p> | <ul style="list-style-type: none"> • HHP major activity (1) • GE (3) • GE (3) • GE (3) • Major or Transferable Elective (3-4) • Transferrable Elective (3) <p>(16-17 units)</p> | <ul style="list-style-type: none"> • Maintain good academic standing • Apply for graduation from Columbia College with a counselor • Apply for transfer to CSU between Oct 1-Nov 30 and/or UC between Nov 1-30 • Keep on top of FAFSA application dates • Attend Transfer Day or College Fairs • Apply for Columbia College Scholarships |

*This unofficial guide is to be used in conjunction with regular academic counseling appointments. Your Degree Audit is the final and official documentation of degree requirements that have been met. For more information, please see a Columbia College Counselor.