

KINESIOLOGY, ASSOCIATE IN ARTS FOR TRANSFER (AA-T)

The goal of the Kinesiology Program at Santa Barbara City College is to prepare students to develop the fundamental understanding of the influence of human movement on the acquisition of physical skills, personal health and intellectual development. The study of Kinesiology is an academic discipline and an essential component of the general education process. Kinesiology contributes to the broader understanding of human development and the role that movement plays in cultural, social and personal expression. Students are advised to meet with an academic counselor to discuss the best combination of courses to take for their AA-T and to meet the requirements of the transfer institution to which they are intending to transfer. For example, requirements for the Baccalaureate Degree in Kinesiology vary from one institution to another. It is, therefore, essential to become familiar with the requirements of the institution a student plans to attend.

The Associate in Arts for Transfer degree in Kinesiology provides students with the foundational knowledge necessary to make a successful transition into a Baccalaureate Degree at any of the CSU campuses. The Associate Degree for Transfer (AA-T or AS-T) is a special degree offered at California Community Colleges. Students who earn an AA-T or AS-T degree are guaranteed admission to a campus within the California State University (CSU) system in a similar major, although not necessarily to a specific campus. Students who complete an AA-T or AS-T are given priority consideration when applying to a particular program that is similar to the student's community college major and will be given a special GPA advantage when applying to CSU impacted campuses or majors. Students who are planning to pursue an AA-T or AS-T are strongly advised to meet with a counselor for additional information about this transfer program. Visit <https://adegreewithaguarantee.com/> for more information about these degrees.

Requirements

Associate Degree for Transfer Graduation Requirements

Complete all of the following:

1. All Department Requirements listed below with a "C" or better or "P" in each course.
2. IGETC-CSU (<https://catalog.sbccc.edu/transfer-curricula/#igetctext>) or the CSU GE Breadth (<https://catalog.sbccc.edu/transfer-curricula/#csugebtext>) pattern.
3. A total of 60 CSU transferable semester units.
4. Maintain a minimum cumulative CSU transferable GPA of 2.0.
5. A minimum of 12 units through SBCC.

Code	Title	Units
Department Requirements		
Required Core		
BMS 107	Human Anatomy	4
BMS 108	Human Physiology	4
PE 200	Introduction to Kinesiology	3
Movement-Based Courses - Complete a maximum of one course from any three of the six areas listed below (Aquatics, Combatives, Team Sports, Individual Sports, Fitness, Dance) ¹		3-4.5

List A - Complete two courses from the following: ¹ 6-10

CHEM 101	Introductory Chemistry
or CHEM 104	Fundamentals Of General, Organic And Biological Chemistry
or CHEM 155	General Chemistry I
HE 103	Responding to Medical Emergencies
MATH 117	Elementary Statistics
or PSY 150	Statistics for the Behavioral Sciences
or SOC 125	Introduction to Statistics in Sociology
PHYS 105	General Physics
or PHYS 110	Introductory Physics
or PHYS 121	Mechanics Of Solids And Fluids
PSY 100	General Psychology
or PSY 100H	General Psychology, Honors
or SOC 101	Introduction To Sociology
or SOC 101H	Introduction to Sociology, Honors

Total Units 20.00-25.50

¹ Three Movement-Based Courses PLUS two courses from List A are required.

Movement-Based Courses

Aquatics Area

Code	Title	Units
PE 132A	Novice Swimming	1.5
PE 132B	Beginning Swimming	1.5
PE 132C	Intermediate Swimming	1.5
PE 132D	Advanced Swimming	1.5
PE 133	Ocean Kayaking	1.5
PE 134A	Swimming For Conditioning: Beginning	1.5
PE 134B	Swimming for Conditioning: Intermediate	1.5
PE 134C	Swimming for Conditioning: Advanced	1.5
PE 137	Beginning Surfing	1.5
PE 219A	Beginning Water Polo	1.5
PE 219B	Intermediate / Advanced Water Polo	1.5
PE 220A	Ocean Swimming: Beginning	1.5
PE 220B	Intermediate Ocean Swimming	1.5

Combatives

Code	Title	Units
PE 162A	Beginning Karate	1.5
PE 162B	Intermediate Karate	1.5
PE 163	Beginning Self-Defense	1.5
PE 164	Self-Defense for Women	1

Team Sports

Code	Title	Units
PE 121A	Beginning Basketball	1.5
PE 121B	Intermediate Basketball	1.5
PE 121C	Advanced Basketball	1.5
PE 124A	Beginning Soccer	1.5
PE 124B	Intermediate Soccer	1.5
PE 124C	Advanced Soccer	1.5

PE 126A	Beginning Beach Volleyball	1.5
PE 126B	Intermediate Beach Volleyball	1.5
PE 126C	Advanced Beach Volleyball	1.5
PE 127A	Beginning Volleyball	1.5
PE 127B	Intermediate Volleyball	1.5
PE 127C	Advanced Volleyball	1.5

Individual Sports

Code	Title	Units
PE 101A	Beginning Badminton	1.5
PE 101B	Intermediate Badminton	1.5
PE 103A	Beginning Golf	1.5
PE 103B	Intermediate Golf	1.5
PE 103C	Advanced Golf	1.5
PE 109A	Beginning Tennis	1.5
PE 109B	Intermediate Tennis	1.5
PE 109C	Advanced Tennis	1.5

Fitness

Code	Title	Units
PE 106A	Beginning Spinning For Fitness	1.5
PE 106B	Intermediate Spinning For Fitness	1.5
PE 112A	Body Conditioning Boot Camp: Beginning	1.5
PE 112B	Body Conditioning Boot Camp: Intermediate	1.5
PE 138A	Beginning Cardio Boxing	1.5
PE 138B	Intermediate Cardio Boxing	1.5
PE 138C	Advanced Cardio Boxing	1.5
PE 139	Pilates Mat Fitness	1.5
PE 143A	Integrated Training: Beginning	1.5
PE 143B	Integrated Training: Intermediate	1.5
PE 144A	Weight Training: Beginning	1.5
PE 144B	Weight Training: Intermediate	1.5
PE 144C	Weight Training: Advanced	1.5
PE 145A	Dance Fitness: Beginning	1.5
PE 145B	Dance Fitness: Intermediate	1.5
PE 146	Stretching and Relaxation	1.5
PE 148A	Beginning Walking/Jogging for Fitness	1.5
PE 148B	Intermediate Walking/Jogging for Fitness	1.5
PE 149	Life Fitness	1
PE 166	Life Fitness - Strength Training	1
PE 168	Women's Fitness And Weight Training	1.5
PE 169	Life Fitness - Weight Training for Power	1
PE 176A	Beginning Fitness Yoga	1.5
PE 176B	Intermediate Fitness Yoga	1.5
PE 177	Life Fitness - Weight Management	1
PE 179	Life Fitness - Super Circuit Training	0.5
PE 195	Life Fitness - Functional Fitness Training	0.5
PE 226	Running for Conditioning	1.5

PE 227	Hiking for Fitness	1.5
PE 229A	Beginning Adapted Strength Training	1.5

Total Units **41.00**

Dance

Code	Title	Units
PE 150A	Beginning Ballet	1.5
PE 150B	Intermediate Ballet	1.5
PE 150C	Advanced Ballet	1.5
PE 151A	Beginning Jazz Dance	1.5
PE 151B	Intermediate Jazz Dance	1.5
PE 151C	Advanced Jazz Dance	1.5
PE 152A	Beginning Modern Dance Technique	1.5
PE 152B	Intermediate Modern Dance Technique	1.5
PE 152C	Advanced Modern Dance Technique	1.5

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Learning Outcomes

1. Demonstrate knowledge of functional anatomy, physiology, and biomechanics consistent with proper execution of movement skills.
2. Demonstrate proficiency in a variety of physical activity skills.
3. Articulate the differences between Kinesiology and Athletics.
4. Articulate the potential for service to the individual, community, and society provided through the study and application of Kinesiology.

Recommended Sequence

Make an appointment with your SBCC academic counselor through Starfish to create a Student Education Plan that reflects a recommended course sequence for this program that is tailored to your individual needs.

How to schedule an Academic Counseling appointment (<https://www.sbcc.edu/counselingcenter/counselingappointments.php>).