# KINESIOLOGY (AA-T)

**ASSOCIATE IN ARTS IN KINESIOLOGY FOR TRANSFER**

**REQUIRED CORE:** 14 units

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>A&amp;P 150</td>
<td>Introduction to Human Anatomy</td>
<td>4</td>
</tr>
<tr>
<td>A&amp;P 151</td>
<td>Introduction to Human Physiology</td>
<td>4</td>
</tr>
<tr>
<td>KIN 100 (formerly PE 114)</td>
<td>Introduction to Kinesiology</td>
<td>3</td>
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</tbody>
</table>

Movement Based Courses: (maximum 3) Select a maximum of one (1) course from any three (3) of the following areas for a maximum of three units.

**AQUATICS:**

- **PEX 185 (formerly PE 150A)** Swimming, Beginning 1
- **or PEX 284 (formerly PE 150B)** Swimming, Intermediate (1)

**COMBATIVES:**

- **PEX 147 (formerly PE 160)** Personal Self Defense 1
- **or PE 149 (formerly PE 161A)** Tae Kwon Do, Beginning (1)

**DANCE:**

- **DANC 106A** Beginning Ballet 2
- **or DANC 106B** Intermediate Ballet (2)
- **or DANC 108A** Dance, Modern, Beginning (2)
- **or DANC 108B** Dance, Modern, Intermediate (2)
- **or DANC 109** Introduction to Dance Cultures of the World (2)
- **or DANC 121** Latin Social Dance (2)
- **or DANC 122** Middle Eastern Dance (2)
- **or DANC 123** African Dance (2)
- **or DANC 124** Hip Hop Dance (2)
- **or DANC 125** Introduction to Ballroom Dance (2)
- **or DANC 140** Beginning Jazz Dance (2)
- **or DANC 142** Beginning Tap Dance (2)

**FITNESS:**

- **PEX 138 (formerly PE 131)** Walking for Fitness 1
- **or PEX 111 (formerly PE 132A)** Low Impact Aerobics (1.5)
- **or PEX 110 (formerly PE 132B)** Aerobic Activities (1.5)
- **or PEX 112 (formerly PE 133)** Step Aerobics (1.5)
- **or PEX 116 (formerly PE 134)** Water Aerobics (1)
- **or PEX 145 (formerly PE 135A)** Circuit Weight Training, Beginning (1)
- **or PEX 245 (formerly PE 135B)** Circuit Weight Training, Intermediate/Advanced (2)
- **or PEX 151 (formerly PE 138)** Yoga (1)
- **or KIN 104 (formerly PE 141)** Fitness and Wellness (3)
- **or PEX 124 (formerly PE 143)** Personal Fitness Program (1)

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# Associates in Arts in Kinesiology for Transfer

## Individual Sports:

- **PEX 161 (formerly PE 154A)**: Badminton, Beginning  
  - Units: 1

  **or**

- **PEX 261 (formerly PE 154B)**: Badminton, Intermediate/Advanced  
  - Units: 2

  **or**

- **PEX 176 (formerly PE 156A)**: Golf, Beginning  
  - Units: 1

  **or**

- **PEX 276 (formerly PE 156B)**: Golf, Intermediate/Advanced  
  - Units: 2

  **or**

- **PEX 189 (formerly PE 159A)**: Tennis, Beginning  
  - Units: 1

  **or**

- **PEX 288 (formerly PE 159B)**: Tennis, Intermediate  
  - Units: 2

## Team Sports:

- **PEX 181 (formerly PE 171A)**: Softball, Beginning  
  - Units: 1

  **or**

- **PEX 281 (formerly PE 171B)**: Softball, Intermediate/Advanced  
  - Units: 2

  **or**

- **PEX 192 (formerly PE 172A)**: Volleyball, Beginning  
  - Units: 1

  **or**

- **PEX 291 (formerly PE 172B)**: Volleyball, Intermediate  
  - Units: 2

  **or**

- **PEX 166 (formerly PE 176A)**: Basketball, Beginning  
  - Units: 1

  **or**

- **PEX 266 (formerly PE 176B)**: Basketball, Advanced  
  - Units: 2

  **or**

- **PEX 172 (formerly PE 177)**: Flag Football  
  - Units: 1

  **or**

- **PEX 178 (formerly PE 179A)**: Soccer, Beginning  
  - Units: 1

  **or**

- **PEX 278 (formerly PE 179B)**: Soccer, Intermediate/Advanced  
  - Units: 2

### List A (select two): 6-10 units

- **CHEM 100**: Introduction to Chemistry  
  - Units: 4

  **or**

- **CHEM 111**: General Chemistry  
  - Units: 5

  **or**

- **HED 110**: Community First Aid and CPR  
  - Units: 3

  **or**

- **MATH 112**: Elementary Statistics  
  - Units: 4

  **or**

- **PSYC 210**: Elementary Statistics  
  - Units: 4

  **or**

- **PHYS 101**: General Physics  
  - Units: 4

  **or**

- **PHYS 201**: Engineering Physics  
  - Units: 4

**Total Units for the Major: 20-24**

## Associate in Arts in Kinesiology for Transfer Requirements:

### Complete the following:

1. 60 semester or 90 quarter CSU transferable units.
2. The California State University-General Education-Breadth pattern (CSU GE-Breadth) or the Intersegmental General Education Transfer Curriculum (IGETC) pattern.
3. A minimum of 18 semester or 27 quarter units in the major or area of emphasis as determined by the community college district.
4. Obtainment of a minimum grade point average (GPA) of 2.0.
5. Earn a “C” or better in all courses required for the major or area of emphasis.

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