



Associate Degree for TransferSM

KINESIOLOGY FOR TRANSFER (AA-T)



In support of the established SB 1440, the Student Transfer Achievement Reform (STAR) Act, and the college's mission, vision and values, Grossmont College has created the **Associate in Arts in Kinesiology for Transfer** degree. Students earning this Associate Degree for Transfer (ADT) will have fulfilled the lower-division major preparation requirements for a degree considered similar at a participating California State University (CSU) campus.

The Department of Exercise Science and Wellness offers a solid academic foundation for further study in the fields of Exercise Science, Kinesiology and/or Physical Education. The primary emphasis of the Exercise Science and Wellness major program is to prepare students for successful transfer to baccalaureate (four-year) institutions as well as for entry-level jobs within the fitness industry. The course package for majors is modeled on the preparation for major at the California State University Institutions and allows for an emphasis either in Fitness, Nutrition and Health. The package may also satisfy many requirements for most other California State University institutions as well, but students should check the catalog of the school being considered for its specific requirements.

The following is required for an Associate Degree for Transfer:

1. Minimum of 60 semester or 90 quarter CSU-transferable units.
2. Minimum grade point average (GPA) of at least 2.0 in all CSU-transferable coursework.
3. Minimum of 18 semester or 27 quarter units in the major.
4. A grade of "C" or higher or "Pass" in all courses required for the major.
5. Certified completion of the California General Education Transfer Curriculum (Cal-GETC) pattern; see Degree Requirements, General Education & Transfer Information section for more information.

Program Learning Outcomes

1. Upon successful completion of this program, students will be able to:
 1. Demonstrate knowledge, skills and appreciation of Exercise Science principles.
 2. Identify the basic principles for maintaining an active and healthy lifestyle.

Associate in Arts for Transfer Degree Requirements

Code	Title	Units
Required Core		
BIO-140	Human Anatomy	4
BIO-141	Human Physiology	3

BIO-141L	Laboratory in Human Physiology	1
ES-250	Introduction to Kinesiology	3
Select one course from three different areas for a minimum of three (3) units:		3-4.5

Aquatics

ES-043A	Beginning Swimming
or ES-043B	Intermediate Swimming
or ES-043C	Advanced Swimming
ES-044A	Beginning Lap Swimming for Health and Fitness
or ES-044B	Intermediate Lap Swimming for Health and Fitness

Dance

DANC-082A	Social and Ballroom Dance I
or DANC-082B	Social and Ballroom Dance II

Fitness

ES-005A	Beginning Cardio Fitness and Resistance Training
or ES-005B	Intermediate Cardio Fitness and Resistance Training
ES-006A	Beginning Fitness Circuit
or ES-006B	Intermediate Fitness Circuit
ES-023A	Beginning Resistance Training
or ES-023B	Intermediate Resistance Training

Individual Sports

ES-060A	Beginning Badminton
or ES-060B	Intermediate Badminton
or ES-060C	Advanced Badminton
ES-076A	Beginning Tennis
or ES-076B	Intermediate Tennis
or ES-076C	Advanced Tennis
ES-125A	Beginning Golf
or ES-125B	Intermediate Golf
or ES-125C	Advanced Golf
ES-130A	Beginning Gymnastics
or ES-130B	Intermediate Gymnastics
or ES-130C	Advanced Gymnastics

Team Sports

ES-155A	Beginning Basketball
or ES-155B	Intermediate Basketball
or ES-155C	Advanced Basketball
ES-170A	Beginning Soccer
or ES-170B	Intermediate Soccer
or ES-170C	Advanced Soccer
ES-171A	Beginning Softball
or ES-171B	Intermediate Softball
or ES-171C	Advanced Softball
ES-172A	Beginning Baseball
or ES-172B	Intermediate Baseball
or ES-172C	Advanced Baseball
ES-175A	Beginning Volleyball
or ES-175B	Intermediate Volleyball
or ES-175C	Advanced Volleyball

List A

Select two of the following:	7-9
CHEM-102 Introduction to General, Organic and Biological Chemistry	
or CHEM-141 General Chemistry I	
PSYC-C1000 Introduction to Psychology	
or SOCI-C1000 Introduction to Sociology	
STAT-C1000 Introduction to Statistics	
or PSY-215 Statistics for the Behavioral Sciences	
Units for the major	21-24.5
Plus General Education Requirements (Cal-GETC) (https://catalog.gcccd.edu/grossmont/admission-information/general-education-transfer/)	34
Total Units	60

Complete transferable units as needed to reach 60.

Additional Information:

SDSU accepts AA-T degrees in Kinesiology for the Exercise Science Generalist emphasis only and requires letter grades for major preparation courses. The major requires a minimum of 2.90 Cumulative G.P.A. Check with a Counselor for applicability to other CSU's.

Students applying with the AA-T in Kinesiology will receive priority in the admissions process but are not guaranteed admittance into the CSU of their choice. Admission is highly competitive for most CSU's. Students are strongly advised to go above and beyond minimum G.P.A requirements and apply for admission at multiple campuses.

*Every effort has been made to ensure this information is accurate. However, the official document the San Diego State Catalog. For additional information specific to SDSU visit the following SDSU website: <https://admissions.sdsu.edu/transfers>.