Kinesiology

Transfer

AA Degree in General Physical Education

AA-T Degree in Kinesiology

About the Program

The transfer major listed here partially reflects requirements for CSU, Chico. Students planning to transfer should contact a counselor for more information on program and transfer requirements.

AA-T Degree in Kinesiology

The Associate in Arts in Kinesiology for Transfer degree (AA-T in Kinesiology) creates a transfer pathway for students who plan to complete a Bachelor in Arts in Kinesiology at a California State University. With the completion of the AA-T in Kinesiology, students will possess foundational knowledge and skill that comprise the core content of the first two years of many four-year programs in Kinesiology.

The associate transfer degrees (AA-T or AS-T) require completion and certification of the California State University General Education (CSU GE) or the Intersegmental General Education Transfer Curriculum (IGETC) as well as the specific AA-T or AS-T major degree requirements. Students earning either an AA-T or an AS-T will not be held to additional Butte College graduation requirements (including Physical Education and the multicultural competency). Students should work with a counselor to identify major coursework that can be used to fulfill CSU GE or IGETC categories.

To obtain an Associate's degree, students must complete both the major requirements and the graduation requirements listed in this catalog.

Note that some courses have a prerequisite (P), corequisite (C), or both (P/C). Prerequisites and corequisites are listed within each course description in this catalog.

Transfer majors designated as AA-T or AS-T are designed for transfer to a similar major at an unspecified CSU. Transfer majors designated as AA or AS are designed for transfer to the corresponding major at a specific CSU and are based on articulation. See a counselor for more information. Read about the difference between these types of degrees at the beginning of the Transfer section of this catalog.

AA Degree in General Physical Education

Student Learning Outcomes

Upon successful completion of this program, the student will be able to:

- Identify and describe major concepts, theoretical principles, history and evolution, and current trends in kinesiology.
- Assess his or her own physical activity level as it relates to lifelong fitness.
- Describe physical activity as it relates to physiological responses and adaptations to exercise.
- Recognize anatomical impacts on exercise related to age, gender, individual goals, and special needs.
- Demonstrate and apply scientific principles to movement in the specific areas of fitness, aquatics, combatives, individual sport and team sport.
- Develop and modify proper safety techniques for a variety of fitness programs.

Required courses for the major:

- 18 Units

Students must complete core courses plus one CSU, Chico option

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 20</td>
<td>Human Anatomy</td>
<td>(P)</td>
</tr>
<tr>
<td>BIOL 21</td>
<td>Human Physiology</td>
<td>(P)</td>
</tr>
</tbody>
</table>

Take 10 units from at least 5 groups:

Aquatics

- KIN 54 Aquatics (1.5)
- KIN 55 Lifeguard Training (1)

Individual

- KIN 57 Archery (1.5)
- KIN 58 Badminton (1.5)
- KIN 60 Bowling (1.5)
- KIN 61 Golf (1.5)
- KIN 62 Tennis (1.5)
- KIN 63 Track and Field (1.5)

Team Sports

- KIN 64 Baseball (1.5)
- KIN 65 Soccer (1.5)
- KIN 66 Softball (1.5)
- KIN 67 Non-Contact Football (1.5)
- KIN 68 Volleyball I (1.5)
- KIN 69 Volleyball II (1.5)
- KIN 70 Basketball I (1.5)
- KIN 71 Basketball II (1.5)

Dance

- KIN 38 Ballroom Dance I (1.5)
- KIN 39 Ballroom Dance II (1.5)
- KIN 40 Jazz Dance (1.5)

Self Defense

- KIN 73 Self Defense (1.5)
- KIN 74 Boxing (1.5)
- KIN 75 Jujitsu (1.5)
- KIN 77 Karate (1.5)
- KIN 78 Taekwondo (1.5)

Weight Training

- KIN 23 Weight Training I (1.5)
- KIN 24 Weight Training II (1.5)
- KIN 25 Olympic Weightlifting (1.5)
- KIN 28 Plyometric Training (1.5)
- KIN 29 Body Sculpting (1.5)
- KIN 31 Quickfits (1.5)

Physical Education Teacher Education Option at CSU, Chico

- CMST 2 Public Speaking (3)
- or CMST 4 Small Group Communication (3)
- POS 2 United States Government (3)

AA-T Degree in Kinesiology

Student Learning Outcomes

Upon successful completion of this program, the student will be able to:

- Identify and describe major concepts, theoretical principles, history and evolution, and current trends in kinesiology.
- Describe physical activity as it relates to physiological responses and adaptations to exercise.
- Recognize anatomical impacts on exercise related to age, gender, individual goals, and special needs.
- Demonstrate and apply scientific principles to movement in the specific areas of fitness, aquatics, combatives, individual sport and team sport.
- Develop and modify proper safety techniques for a variety of fitness programs.
Required courses for the major: 21.5 - 22.5 Units

**Required Core:**

<table>
<thead>
<tr>
<th>Course</th>
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<th>Units</th>
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</thead>
<tbody>
<tr>
<td>KIN 1</td>
<td>Introduction to Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 20</td>
<td>Human Anatomy</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 21</td>
<td>Human Physiology</td>
<td>4</td>
</tr>
</tbody>
</table>

**Movement-based Courses (minimum 4.5 units)** Select a maximum of one (1) course from any three (3) of the following areas.

- **Aquatics**
  - KIN 54 Aquatics 1.5
- **Combatives**
  - KIN 73 Self Defense 1.5
  - KIN 75 Jujitsu 1.5
  - KIN 76 Aikido 1.5
  - KIN 78 Taekwondo 1.5
- **Dance**
  - KIN 38 Ballroom Dance I 1.5
  - KIN 39 Ballroom Dance II 1.5
  - KIN 35 Aerobic Dance 1.5
- **Fitness**
  - KIN 53 Jogging/Running for Fitness 1.5
  - KIN 27 Core Crossfit Training 1.5
  - KIN 42 Yoga I 1.5
  - KIN 43 Yoga II 1.5
  - KIN 46 Tai Chi Chuan 1.5
  - KIN 23 Weight Training I 1.5
  - KIN 24 Weight Training II 1.5
- **Individual Sports**
  - KIN 60 Bowling 1.5
  - KIN 61 Golf 1.5
  - KIN 62 Tennis 1.5
- **Team Sports**
  - KIN 65 Soccer 1.5
  - KIN 66 Softball 1.5
  - KIN 67 Non-Contact Football 1.5
  - KIN 68 Volleyball I 1.5
  - KIN 69 Volleyball II 1.5
  - KIN 70 Basketball I 1.5
  - KIN 71 Basketball II 1.5

**List A: Select two**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
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<tbody>
<tr>
<td>MATH 18</td>
<td>Introduction to Statistics (P)</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 2</td>
<td>Introduction to Human Biology</td>
<td>3</td>
</tr>
<tr>
<td>PHYS 41</td>
<td>Physics for Scientists and Engineers I (P/C)</td>
<td>4</td>
</tr>
<tr>
<td>KIN 11</td>
<td>First Aid and CPR</td>
<td>3</td>
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