



Southwestern College
CSU Associate Degree for Transfer (ADT)
Transfer Preparation
2015-2016

Associate of Arts in Kinesiology for Transfer (Major Code: 01365)

The Kinesiology program offers a wide range of possibilities for the student who wants to pursue a degree in the interdisciplinary approach to the study of human movement, athletic training, physical education, pre-physical therapy, human anatomy, human physiology, and the social and psychological aspects of exercise, fitness and sport. Exploration of career opportunities in areas sport, movement, exercise and fitness, including teaching, coaching, and fitness professions. Transfer Credit: CSU.

Southwestern College Course	Title	Units
Required CORE: (11 units)		11
ES/T 202	Introduction to Kinesiology	3
BIOL 260	Human Anatomy	4
BIOL 261	Principles of Human Physiology	4
Movement-based Courses: (minimum 3 units)		3
Select a maximum of one (1) course from any three (3) of the following areas for a minimum of three units: Aquatics, Fitness, Individual Sports, Team Sports		
<u>Aquatics:</u>		
ES/A 155	Swimming I	1
ES/A 223	Beginning Sailing	1 - 2
ES/A 227	Aquatic Exercise I	1
ES/A 238	Beginning Surfing	1
<u>Fitness:</u>		
ES/A 264	Beginning Yoga	1
<u>Individual Sports:</u>		
ES/A 135	Bowling—Beginning	1
ES/A 143	Badminton I	1
<u>List A:</u>		
Select TWO courses: (minimum 6 units)		7-8
MATH 119	Elementary Statistics	4
SOC 270	Statistical Methods of Sociology	3
BIOL 100	Principles of Biology	3
	<u>and</u>	
BIOL 101	Principles of Biology Laboratory	1
CHEM 100	Introduction to General Chemistry	4
CHEM 170	Preparation for General Chemistry	4
Total units		21 - 22