## Program of study leading to: Associate in Arts (AA-T) Degree

### REQUIRED COURSES:

<table>
<thead>
<tr>
<th>C-ID Descriptor</th>
<th>CSU GE Area</th>
<th>IGETC Area</th>
<th>Units</th>
<th>In Progress</th>
<th>Completed Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINPP 1</td>
<td></td>
<td></td>
<td></td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>ANAT 1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>† PHYSI 1</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

**Subtotal Units:** 12

**Subtotal Grade:**

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**IN ADDITION, complete ONE (1) course from at least THREE (3) different areas of the following (3 units minimum). All movement based courses must be articulated as lower division preparation for the Kinesiology program:**

#### AQUATICS

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>KING 76</td>
<td>Swimming</td>
<td>E</td>
<td>1</td>
</tr>
</tbody>
</table>

#### COMBATIVES

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>KING 65</td>
<td>Martial Arts</td>
<td>E</td>
<td>1</td>
</tr>
<tr>
<td>KING 66</td>
<td>Self-Defense</td>
<td>E</td>
<td>1</td>
</tr>
</tbody>
</table>

#### FITNESS

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINPF 6</td>
<td>Cardio Fitness</td>
<td>E</td>
<td>1</td>
</tr>
<tr>
<td>KINPF 14</td>
<td>Yoga</td>
<td>E</td>
<td>1</td>
</tr>
<tr>
<td>KINPF 17</td>
<td>Jogging</td>
<td>E</td>
<td>1</td>
</tr>
<tr>
<td>KINPF 17B</td>
<td>Jogging</td>
<td>E</td>
<td>1</td>
</tr>
<tr>
<td>KINPF 18</td>
<td>Triathlon Training</td>
<td>E</td>
<td>1</td>
</tr>
<tr>
<td>KINPF 21</td>
<td>Low Impact Aerobics</td>
<td>E</td>
<td>1</td>
</tr>
<tr>
<td>KINPF 22</td>
<td>Physical Fitness</td>
<td>E</td>
<td>1</td>
</tr>
<tr>
<td>KINPF 42</td>
<td>Swimming Fitness</td>
<td>E</td>
<td>1</td>
</tr>
<tr>
<td>KINPF 54</td>
<td>Weight Training</td>
<td>E</td>
<td>1</td>
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</tbody>
</table>

#### INDIVIDUAL SPORTS

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>KING 10</td>
<td>Badminton</td>
<td>E</td>
<td>1</td>
</tr>
<tr>
<td>KING 10B</td>
<td>Badminton</td>
<td>E</td>
<td>1</td>
</tr>
<tr>
<td>KING 84</td>
<td>Tennis</td>
<td>E</td>
<td>1</td>
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</tbody>
</table>

#### TEAM SPORTS

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>KING 2</td>
<td>Ultimate Frisbee</td>
<td>E</td>
<td>1</td>
</tr>
<tr>
<td>KING 14</td>
<td>Basketball</td>
<td>E</td>
<td>1</td>
</tr>
<tr>
<td>KING 14B</td>
<td>Basketball</td>
<td>E</td>
<td>1</td>
</tr>
<tr>
<td>KING 70</td>
<td>Soccer</td>
<td>E</td>
<td>1</td>
</tr>
<tr>
<td>KING 70B</td>
<td>Soccer</td>
<td>E</td>
<td>1</td>
</tr>
<tr>
<td>KING 74</td>
<td>Softball</td>
<td>E</td>
<td>1</td>
</tr>
<tr>
<td>KING 86</td>
<td>Touch Football</td>
<td>E</td>
<td>1</td>
</tr>
<tr>
<td>KING 90</td>
<td>Volleyball</td>
<td>E</td>
<td>1</td>
</tr>
<tr>
<td>KING 90B</td>
<td>Volleyball</td>
<td>E</td>
<td>1</td>
</tr>
<tr>
<td>KING 92</td>
<td>Sand Volleyball</td>
<td>E</td>
<td>1</td>
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</table>
IN ADDITION, complete TWO (2) courses from below:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>STAT 1H</td>
<td>Elementary Statistics/Honors</td>
<td></td>
</tr>
<tr>
<td>CHEM 1A</td>
<td>General Chemistry OR</td>
<td></td>
</tr>
<tr>
<td>OR</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CHEM 3</td>
<td>Introduction to Gen, Organic &amp; Biochemistry</td>
<td></td>
</tr>
<tr>
<td>PHYS 2A</td>
<td>General Physics</td>
<td></td>
</tr>
<tr>
<td>PHYS 3A</td>
<td>Physics for Sci. &amp; Eng. -Mechanics</td>
<td></td>
</tr>
<tr>
<td>KINPP 23</td>
<td>First Aid and Safety Education</td>
<td></td>
</tr>
<tr>
<td>STAT 110</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CHEM 210 OR</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CHEM 110</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PHYS 105</td>
<td></td>
<td></td>
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<tr>
<td>PHYS 205</td>
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<tr>
<td>KIN 101</td>
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</tbody>
</table>

Subtotal Units 3 |

IN ADDITION to the above major courses, students are also required to obtain general education certification and meet other degree requirements as specified below.

General Education Certification Requirements
Completion of EITHER the California State University General Education-Breadth pattern (CSU GE Breadth) OR the Intersegmental General Education Transfer Curriculum (IGETC) pattern IS REQUIRED. For general education patterns, visit the following web site: [http://osca.lbcc.edu/generedplan.cfm](http://osca.lbcc.edu/generedplan.cfm), or the LBCC catalog. After completion of the General Education Pattern students must request GE certification. Consult with a counselor for more information about the GE Certification process.

Other Degree Requirements
1. **Minimum Unit Requirements**: Complete a minimum of 60 transferable units. Please note that additional units may be required to meet this minimum based upon courses selected to fulfill CSU-GE Breadth Pattern or the IGETC Pattern.
   - If following CSU-GE Breadth Pattern
     - Kinesiology: 22-26**
     - CSU-GE Breadth: 39
     - Minimum Required: 60
   - If following IGETC Pattern
     - Kinesiology: 22-26**
     - IGETC Pattern: 37
     - Minimum Required: 60
   - **Double-Counting of Units**: SB 1440 Regulations allow for double-counting of major requirements towards CSU-GE Breadth or IGETC patterns.

2. **Minimum grade and GPA requirements**: Maintain an overall grade point average (GPA) of 2.0 (“C” average) in all CSU-transferable coursework. For the major complete each course with a grade of “C” or better, or “P” if course is graded on a P/NP basis.

3. **Residence for the Degree**: Complete at least 12 units of the required 60 in residence at LBCC.

4. **Degree Application**: Complete and submit the degree application form to the Admissions and Records office during your final semester of course work. These forms are available in the Admissions and Records office, or online at [http://admissions.lbcc.edu/](http://admissions.lbcc.edu/).

5. **The requirements for general education/proficiency and the field of concentration (major) need to be from the same catalog year.** This catalog year may be any year between the year of initial enrollment to the present, provided continuous enrollment is maintained throughout. See the catalog for definition of “continuous enrollment”.

Program Description

**Program Description**: The Associate in Arts in Kinesiology for Transfer is designed to prepare students with a general education in the principles, concepts and methodologies of Kinesiology. This degree is designed to increase students’ awareness, understanding and knowledge of the broad range of career paths within the field of Kinesiology and to prepare them for seamless transfer to a California State University.
Program Mission Statement and Outcomes

Program Mission Statement: In support of the college mission statement, the Kinesiology Department's Associate Degree for Transfer (AD-T) Curriculum offers lower division courses that prepare scholarly and highly skilled practitioners with current knowledge and resources to meet their present and future program needs. The Kinesiology Department prepares scholars-practitioners committed to theory and practice in diverse settings with populations from a variety of social and cultural contexts.

Outcomes:
- Demonstrate proficiency in skills needed in activities commonly included in a human movement program.
- Examine and evaluate physical activities and their relationship to wellness and fitness.
- Recognize various career opportunities in the field of human movement.

Legend
† This course has a prerequisite; prerequisite courses must be completed with at least a “C” or “P” grade. Refer to the General Catalog (http://www.lbcc.edu/cat/index.html), the Schedule of Classes (http://schedule.lbcc.edu), or the online Credit Course Outline (http://wdb-asir.lbcc.edu/coursecurriculum/coursedetails/) for specific prerequisite information.