



Kinesiology
Associate Degree for Transfer

TMC

This degree is intended for transfer into a Bachelor's degree in this major or a similar related field deemed at a California State University (CSU); guaranteeing admission to the system (but not to a specific campus) and gives priority consideration for admission to the equivalent CSU program. Consult with a counselor for complete information on university admission, transfer requirements, and the appropriate general education requirements.

Name _____ Student ID _____ Date _____

Degree Requirements: 60 CSU transferable units with a 2.0 GPA. Major courses must be passed with a grade of "C" or better. Full completion of CSU IGETC or CSU GE is ed. required. Complete additional CSU units, if needed, to reach 60 CSU transferable units.

REQUIRED CORE (14 UNITS MINIMUM):		C	IP	N	OTHER
KIN MAJ 100	Introduction to Kinesiology (3)				
ANATOMY 001	Introduction to Human Anatomy (4)				
PHYSIOL 001	Introduction to Human Physiology (4)				
Movement-Based Courses (3 unit minimum). Select a maximum of one (1) course from any three (3) of the following areas:					
Area 2: Combatives		C	IP	N	OTHER
KIN 217-1	Self Defense Skills I (1)				
KIN 217-2	Self Defense Skills II (1)				
Area 3: Dance		C	IP	N	OTHER
DANCETQ 141	Modern Dance Techniques I (1)				
Area 4: Fitness		C	IP	N	OTHER
KIN 010	Kinesiology-Physical Fitness (1)				
KIN 229-1	Body Conditioning Skills I (1)				
KIN 229-2	Body Conditioning Skills II (1)				
KIN 245-1	Body Dynamics Skills I (1)				
KIN 245-2	Body Dynamics Skills II (1)				
KIN 250-1	Weight Training Skills I (1)				
KIN 251-1	Yoga Skills - I (1)				
KIN 251-2	Yoga Skills - II (1)				
KIN 350-1	Weight Training (1)				
KIN 350-2	Weight Training (1)				
KIN MAJ 119	Physical Efficiency (2)				
Area 5: Individual Sports		C	IP	N	OTHER
KIN 272	Track and Field Skills (1)				
Area 6: Team Sports		C	IP	N	OTHER
KIN 287-1	Basketball Skills I (1)				
KIN 287-2	Basketball Skills II (1)				
KIN 291-1	Volleyball Skills I (1)				
KIN 291-2	Volleyball Skills II (1)				
LIST A Select two courses from the following: (6 units minimum):		C	IP	N	OTHER
MATH 227 or MATH 227s or STAT 001	Statistics (4) Statistics with Support(4) Elementary Statistics I for the Social Sciences (3)				
CHEM 65 or CHEM 101	Introductory General Chemistry (4) General Chemistry I (5)				
PHYSICS 006 or PHYSICS 037	General Physics I Physics for Engineers and Scientist I				
HEALTH 012	Safety Education and First Aid (3)				
PSYCH 001 or SOC 001	Introduction to Psychology (3) Introduction to Sociology (3)				
HEALTH 011	Principles of Health Living (3)				
TOTAL UNITS FOR THE MAJOR: 20 - 24					
General Education:		C	IP		
	IGETC				
	CSU GE				
Note: Major courses may be double counted towards general education. Refer to GE Sheet for details.		C	IP	N	OTHER
Completion of 60 CSU transferable units					

Associate Degrees for Transfer (ADT)
Important Information, Tips, & Resources for Students

WHAT IS AN ASSOCIATE DEGREE FOR TRANSFER?

The Student Transfer Achievement Reform Act (SB 1440/Padilla) established the Associate Degrees for Transfer (ADT) for California Community College students and is designed to provide a clear pathway to the CSU degree major. Depending on the major, students can pursue an Associate of Arts or an Associate of Science. ADT stands for Associate Degree for Transfer and is a degree designed to assist students in preparing for transfer to the CSU. Within the ADT program students can earn an AA-T (Associate in Arts for Transfer) or an AS-T (Associate of Science for Transfer). Earning an ADT gives California Community College students many benefits.

BENEFITS

- Receive priority admission to the CSU system
- Guaranteed admission with junior standing to a California State University
- Once at the CSU, complete a bachelor's degree with only 60 semester units (or 90 quarter)
- Receive a .1 to .2 GPA bump based on major and campus impaction

REQUIREMENTS

- Complete a minimum of 60 CSU transferable units
- Complete general education using the CSU GE or IGETC patterns
- Complete ADT major preparation courses with a “C” or higher
- Earn a minimum overall GPA of 2.0 in all CSU transferable courses

TIPS & RESOURCES

If you have any questions, always ask your counselor,(meet with a counselor at least once a semester).

1. To check if your major is deemed similar visit:
<https://www.calstate.edu/apply/transfer/Pages/associate-degree-fortransfer-major-and-campussearch.aspx>
2. If your major is impacted or competitive, as this does affect GPA and additional requirements, visit:
<https://www.calstate.edu/attend/impaction-at-the-csu> to learn more.
3. To review Major Specific Criteria on each CSU website and Assist.org.
4. ADT benefits may also apply to private universities and HBCU partner campuses.
5. In order to receive the ADT benefits you will need to petition to graduate preferably before March 15th to meet the CSU ADT E-verification deadline for fall transfer and October 31st for spring admissions.

Stay connected with the Transfer Center @lahctransfercenter on Instagram, Canva and our website:
<https://www.lahc.edu/student-services/transfer-center>

CSU Transfer Timeline Fall Application Oct. 1st – Nov. 30th
Spring Application Aug. 1st – Aug. 31st
Cal State Apply - <https://www.calstate.edu/apply>

Counselor Use Only

Access the C-ID system for standardized course information across California colleges at
<https://c-id.net/courses>