

California Community Colleges are now offering Associate Degrees for Transfer (ADT's) to the CSU. These may include Associate in Arts (AA-T) or Associate in Science (AS-T) degrees. These degrees are designed to provide a clear pathway to a CSU major and baccalaureate degree. California Community College students who are awarded an AA-T or AS-T degree are guaranteed admission with junior standing somewhere in the CSU system and given priority admission consideration to their local CSU campus or to a program that is deemed similar to their community college major. This priority does not guarantee admission to specific majors or campuses. Students who have been awarded an AA-T or AS-T are able to complete their remaining requirements for the 120-unit baccalaureate degree within 60 semester or 90 quarter units. To view the most current list of Riverside City College Associate Degrees for Transfer and to find out which CSU campuses accept each degree, please go to: [www.calstate.edu/transfer/adt-search/search.shtml](http://www.calstate.edu/transfer/adt-search/search.shtml). Students are encouraged to meet with a Riverside City College counselor to review their options for transfer and to develop an educational plan that best meets their goals and needs.

**2024-2025  
KINESIOLOGY  
(CSUGE) AA890  
(IGETC) AA891**

**Associate in Arts in Kinesiology for Transfer Degree**

The Associate in Arts in Kinesiology for Transfer Degree provides a general preparation for Kinesiology majors to be able to enter any four-year university. Students completing the Associate Degree for Transfer in Kinesiology will be prepared to transfer to a CSU and pursue a Bachelor of Arts or a Bachelor of Science in Kinesiology. In this major, students will enhance physical skills and development in the areas of Aquatics, Combatives, Team Sports, Individual Sports, Fitness and Dance. Students will also be exposed to the history and philosophy of Kinesiology. This degree will satisfy the lower division requirements for the eventual conferral of the Bachelor's Degree in Kinesiology at CSU. With this degree the student will be prepared for transfer to the university upper division level. Additionally, the intent of an ADT is to assist students in seamlessly transferring to a CSU.

Required Courses (11 units)	Units
KIN-10* Introduction to Kinesiology	3
BIO-50A* Anatomy and Physiology I	4
BIO-50B* Anatomy and Physiology II	4
Select three movement based courses from maximum of three areas	3
Select two courses from List A	6-9

Select one course maximum from any three of the following areas (3 units):

<p><b>Aquatics</b></p> <p>KIN-A28* Swimming, Beginning</p> <p>KIN-A29* Swimming, Intermediate</p> <p>KIN-A31A* Beginning Hydro HIIT (High Intensity Interval Training)</p> <p>KIN-A31B* Intermediate Hydro HIIT (High Intensity Interval Training)</p>	<p><b>Combatives</b></p> <p>KIN-A43* T'ai-chi Ch'uan, Beginning</p> <p>KIN-A44* T'ai-chi Ch'uan, Intermediate</p> <p><b>Team Sports</b></p> <p>KIN-A55* Slow Pitch Softball</p> <p>KIN-A57A* Basketball, Beginning</p> <p>KIN-A57B* Basketball, Intermediate</p> <p>KIN-A62* Flag Football</p> <p>KIN-A64A* Soccer, Beginning</p> <p>KIN-A64B* Soccer, Intermediate</p> <p>KIN-A67* Volleyball, Beginning</p> <p>KIN-A68* Volleyball, Intermediate</p> <p>KIN-A71* Beach Volleyball</p>	<p><b>Individual Sports</b></p> <p>KIN-A11* Tennis, Beginning</p> <p>KIN-A12* Tennis, Intermediate</p> <p>KIN-A20* Golf, Beginning</p> <p>KIN-A21* Golf, Intermediate</p> <p><b>Fitness</b></p> <p>KIN-A75A* Walking for Fitness, Beginning</p> <p>KIN-A75B* Walking for Fitness, Intermediate</p> <p>KIN-A77A* Jogging for Fitness, Beginning</p> <p>KIN-A77B* Jogging for Fitness, Intermediate</p> <p>KIN-A81A* Cardio and Strength Training, Beginning</p> <p>KIN-A81B* Cardio and Strength Training, Intermediate</p> <p>KIN-89A* Beginning Body Sculpting</p> <p>KIN-89B* Intermediate Body Sculpting</p> <p>KIN-A90A* Weight Training - Beginning</p> <p>KIN-A90B* Weight Training - Intermediate</p>
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List A: Select two (6-9 units):

<p>MAT-12/12H* or Statistics/Honors Statistics</p> <p>PSY/SOC 48* Statistics for Behavioral Sciences</p> <p>CHE-1A*/1AH* General Chemistry I/Honors</p>	<p>PHY 2A* or General Physics I, or</p> <p>PHY 4A* Mechanics</p> <p>KIN-30* First Aid and CPR</p> <p>KIN-36* Wellness: Lifestyle Choices</p>	<p>May select only one of the following:</p> <p>PSY-1/1H* or General Psychology/Honors or</p> <p>SOC-1/1H* Introduction to Sociology/Honors</p>
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\*Courses may also be used to fulfill general education requirements for the CSUGE or IGETC pattern; please confer with a counselor.

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The Associate in Arts in Kinesiology for Transfer degree will be awarded upon completion of 60 California State University (CSU) transferable units including the above major requirements and the Intersegmental General Education Transfer Curriculum (IGETC) OR the California State University General Education (CSUGE) requirements with a minimum grade point average of 2.0. All courses in the major must be completed with a grade of "C" or better (or a 'P' if taken as Pass/No Pass).