

Grossmont College KINESIOLOGY AA-T Preparation for the Major

Kinesiology – B.A DEGREE

To receive admission preference to CSU's students can complete the AA-T in Kinesiology. It is also important that students incorporate as much of the lower division course work found on the www.ASSIST.org articulation agreement as possible. In addition to degree requirements, students must complete CSU GE Certification or IGETC-CSU. It is important to meet with a Counselor for additional assistance.

Grossmont Subject & Number	Title	Units
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Required CORE:

ES 250	Introduction to Kinesiology	3
BIO 140	Human Anatomy	5
BIO 141 & 141L	Human Physiology & Human Physiology Lab	4

Select ONE (1) course from three different areas for a minimum of THREE (3) units:

AQUATICS

ES 043 A or B or C	Beginning or Intermediate or Advanced Swimming	1
ES 044 A or B	Beginning or Intermediate Lap Swimming for Health Fitness	1

COMBATIVES

ES 185 A or B or C	Beginning or Intermediate or Advanced Fencing	1.5
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DANCE

DANC 082 A or B	Social & Ballroom Dance I or II	1.5
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FITNESS

ES 005 A or B	Beginning or Intermediate Aerobic Fitness & Weight Training	1.5
ES 006 A or B	Beginning or Intermediate Total Body Fitness	1
ES 009 A or B	Beginning or Intermediate Aerobic Dance Exercise	1
ES 023 A or B	Beginning or Intermediate Weight Training	1

INDIVIDUAL SPORTS

ES 060 A or B or C	Beginning or Intermediate or Advanced Badminton	1
ES 076 A or B or C	Beginning or Intermediate or Advanced Tennis	1
ES 125 A or B or C	Beginning or Intermediate or Advanced Golf	1-1.5
ES 130 A or B or C	Beginning or Intermediate or Advanced Gymnastics	1-1.5

TEAM SPORTS

ES 155 A or B or C	Beginning or Intermediate or Advanced Basketball	1
ES 170 A or B or C	Beginning or Intermediate or Advanced Soccer	1
ES 171 A or B or C	Beginning or Intermediate or Advanced Softball	1
ES 172 A or B or C	Beginning or Intermediate or Advanced Baseball	1
ES 175 A or B or C	Beginning or Intermediate or Advanced Volleyball	1

LIST A:

Select TWO (2) of the following courses:

MATH 160	Elementary Statistics	4
<i>or</i>		
ANTH 215	Statistics for the Behavioral Sciences	4
<i>or</i>		
PSY 215	Statistics for the Behavioral Sciences	4
<i>or</i>		
SOC 215	Statistics for the Behavioral Sciences	4
BIO 118	Introduction to Human Biology	3
CHEM 102	Introduction to General, Organic and Biological Chemistry	5
<i>or</i>		
CHEM 141	General Chemistry I	5

Total Units: 22-25.5

For additional information specific to SDSU see the following SDSU web site:
<http://arweb.sdsu.edu/es/admissions/transfers/associate-transfer.html>

SDSU accepts AA-T degrees in Kinesiology (for the Exercise Science Generalist Emphasis only). This specific BA degree will not have a foreign language requirement at SDSU. Check with a Counselor for applicability to other CSU's. The Kinesiology AA-T requires a minimum 2.80 Cumulative G.P.A.

Students applying with the AA-T in Kinesiology will receive priority in the admissions process but are not guaranteed admittance into the CSU of their choice.

Admission is highly competitive for most CSU's. Students are strongly advised to go above and beyond minimum G.P.A requirements and apply for admission at multiple campuses.

These planning sheets are developed from course-to-course agreements with SDSU; they are researched and updated each year.

Grossmont College Articulation: www.grossmont.edu/articulation