

## 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](http://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.

All courses in the major must be **completed with a grade of "C" or higher**. A "P" (Pass) grade is acceptable for courses in the major for *Associate Degrees for Transfer*.

Grossmont Subject & Number	Title	Units
<b>Required CORE:</b>		
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:		
<b>AQUATICS</b>		
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
<b>COMBATIVES</b>		
ES 185 A or B or C	Beginning or Intermediate or Advanced Fencing	1.5
<b>DANCE</b>		
DANC 082 A or B	Social & Ballroom Dance I or II	1.5
<b>FITNESS</b>		
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
<b>INDIVIDUAL SPORTS</b>		
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
<b>TEAM SPORTS</b>		
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
<b>LIST A:</b>		
Select TWO (2) of the following courses:		
MATH 160	Elementary Statistics	4
<b>or</b>		
ANTH 215	Statistics for the Behavioral Sciences	4
<b>or</b>		
PSY 215	Statistics for the Behavioral Sciences	4
<b>or</b>		
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
<b>or</b>		
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. Please review the SDSU catalog for additional coursework required for this degree. Check with a Counselor for applicability to other CSU's. The Kinesiology AA-T requires a minimum 2.90 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.***

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Every effort has been made to ensure this information is accurate. However, the official documents are the current Grossmont College Catalog and San Diego State Catalog.

Grossmont College Articulation: [www.grossmont.edu/articulation](http://www.grossmont.edu/articulation)