

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 Cal-GETC. It is important to meet with a Counselor for additional assistance.

*Students who meet catalog rights and continuous attendance may utilize CSU GE and/or IGETC for their plan of study.

All courses in the major must be **completed with a grade of "C" or higher or "Pass"**. Letter grades in the major are highly recommended, but a "P" (Pass) grade is acceptable for courses in the major of an *Associate Degree for Transfer*.

Grossmont Subject & Number	Title	Units
<u>Required CORE:</u>		
BIO 140	Human Anatomy	4
BIO 141 & 141L	Human Physiology & Human Physiology Lab	4
ES 250	Introduction to Kinesiology	3
Select ONE (1) course from three different areas for a minimum of THREE (3) units:		
<u>AQUATICS</u>		
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
<u>COMBATIVES</u>		
ES 185 A or B or C	Beginning or Intermediate or Advanced Fencing	1.5
<u>DANCE</u>		
DANC 082 A or B	Social & Ballroom Dance I or II	1.5
<u>FITNESS</u>		
ES 005 A or B	Beginning or Intermediate Cardio Fitness & Resistance Training	1.5
ES 006 A or B	Beginning or Intermediate Fitness Circuit	1
ES 009 A or B	Beginning or Intermediate Aerobic Dance Exercise	1
ES 023 A or B	Beginning or Intermediate Resistance Training	1
<u>INDIVIDUAL SPORTS</u>		
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
<u>TEAM SPORTS</u>		
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
<u>LIST A:</u>		
Select TWO (2) of the following courses:		
ANTH or PSY or SOC 215	Statistics for the Behavioral Sciences	4
or		
STAT C1000	Introduction to Statistics	4
CHEM 102	Introduction to General, Organic and Biological Chemistry	5
or		
CHEM 141	General Chemistry I	5
PSYC C1000	Introduction Psychology	3
SOC 120	Introductory Sociology	3
Total Units:		21-24.5

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 and **requires letter grades for major preparation courses**. 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.

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