

26-27 Associate in Arts in Kinesiology for Transfer (KINT)



ABOUT THIS MAJOR

The Associate in Science in Nutrition and Dietetics for Transfer (AS-T in Nutrition and Dietetics) degree is to provide students with a foundational knowledge of nutrition and science, to enhance their problem-solving skills, sharpen their critical thinking and the opportunity to seamlessly transfer to a California State University in advanced standing as a Nutrition and Dietetics major. Additionally, the degree can prepare students in areas of science. For more information on Kinesiology and Athletics, visit the [Kinesiology & Athletics](#) division.

TO EARN A DEGREE A STUDENT MUST COMPLETE THE FOLLOWING:

- [1] Completion a minimum of 60-semester units or 90 quarter units of degree applicable courses
- [2] A minimum of 18-semester units in a major
- [3] Completion of Cal-GETC General Education Requirements
- [4] Minimum overall grade point average of 2.0
- [5] A C or better in all courses required for the major

AAT - Kinesiology (KINT)

[Total Units Required for the Major 20-23]

Required Courses, complete ALL courses (total 11 units)	
BIOL201 - General Human Anatomy <i>Prerequisite: Completion of BIOL 100 or 101 or 102 or 110 or 120</i>	4
BIOL202 - General Human Physiology <i>Prerequisite: Completion of BIOL 201 and CHEM 101 (see notes)</i>	4
KINT100 - Introduction to Kinesiology	3

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

AQUATICS	
KINF190 - Beginning Swimming for Non-swimmers	1
KINF191 - Beginning Swimming	1
KINF192 - Intermediate Swimming	1
KINF193 - Beginning Water Aerobics	1
KINF194 - Intermediate Water Aerobics	1
KINF195 - Beginning Fitness Swimming	1
KINF196 - Intermediate Fitness Swimming	1
DANCE	
DA103 - Beginning Modern Dance	1
DA106 - Ballroom Dance	1
FITNESS	
KINF107 - Beginning Weight Lifting	1
KINF108 - Intermediate Weight Lifting	1
KINF130 - Physical Conditioning	1
KINF144 - Hatha Yoga	1
INDIVIDUAL SPORTS	
KINF160 - Beginning Tennis	1
KINF161 - Intermediate Tennis	1
KINF260 - Advanced Tennis	1
TEAM SPORTS	
KINF115 - Beginning Fast-Pitch Softball	1
KINF116 - Intermediate Fast-Pitch Softball	1
KINF140 - Beginning Golf	1
KINF150 - Beginning Soccer	1
KINF151 - Intermediate Soccer	1
KINF180 - Beginning Volleyball	1
KINF181 - Intermediate Volleyball	1
KINF280 - Advanced Volleyball	1
KINF220 - Advanced Basketball	1

Required Elective A, complete 2 courses (total 6-9 units)

HE101 - Health Education	3
HE100 - First Aid and Emergency Care	3
PHYS101 - Introductory Physics	4
CHEM110 OR CHEM110H - General Chemistry/ Honors <i>Prerequisite: Completion of Intermediate Algebra or higher or placement by multiple measures.</i>	5
STATC1000 OR STATC1000H - Introduction to Statistics/Honors <i>Prerequisite: Placement as determined by the college's multiple measures assessment process or completion of a course taught at or above the level of intermediate algebra</i>	4
PSYCC1000 OR PSYCC1000H - Introduction to Psychology - Honors	3
SOCIC1000 OR SOCIC1000H - Introduction to Sociology/Honors	3

RECOMMENDED PATHWAY

Associate in Arts in Kinesiology for Transfer

The Recommended Plan of Study is determined by the discipline faculty. Take classes in Summer or Intersession if needed to complete your degree in a timely manner!

Fall/Spring: Max 19 units | Summer: Max 9 units | Intersession: Max 6 units

SEMESTER 1	
Course	Units
Cal-GETC AREA 1C: ORAL COMMUNICATION	3
STATC1000 (Cal-GETC AREA 2)	4
BIOLC1001 LAB (Cal-GETC AREA 5C)	1
BIOLC1001 (Cal-GETC AREA 5B)	3
Cal-GETC AREA 1A : ENGL C1000	4
MOVEMENT COURSE: CHOOSE ONE FROM LIST	1
Total Units	16

SEMESTER 2	
Course	Units
Req. Elective List A: CHEM 110 (rec.)	5
Cal-GETC AREA 3: Arts	3
Cal-GETC AREA 3B: HUMANITIES3	3
MOVEMENT COURSE: CHOOSE ONE FROM LIST	1
Cal-GETC AREA 1B: CRITICAL THINKING	3
MOVEMENT COURSE: CHOOSE ONE FROM LIST	1
Total Units	16

SEMESTER 3	
Course	Units
KINT 100	3
BIOL 201	4
Cal-GETC AREA 4: SOCIAL & BEHAV. SCIENCE	3
Cal-GETC AREA 6: ETHNIC STUDIES	3
GENERAL ELECTIVE : CSU/UC TRANSFERABLE	2
Total Units	15

SEMESTER 4	
Course	Units
BIOL 202	4
Req. Elective List A: HE 100 (rec.)	3
Cal-GETC AREA 4: SOCIAL & BEHAV. SCIENCE	3
GENERAL ELECTIVE : CSU/UC TRANSFERABLE	3
Total Units	13
TOTAL DEGREE UNITS	60

Counseling Notes

BIOL 202: if took CHEM 110 & BIOL 201 speak with counselor.
CHEM 110: to succeed in CHEM 110, students are required to successfully complete CHEM 101 or one year of High School Chemistry.

HONORS COURSES: STATC1000H/ CHEM 110H/PSYCC1000, SOCIC1000H
 Students may take either STATC1000/CHEM 110H / PSYCC1000/SOCIC1000 or STATC1000H/ CHEM 110H/PSYCC1000, SOCIC1000H. Duplicate credit will not be awarded. This honors course is intended for students in the Honors Transfer Program. For more information about Honors Transfer Alliance Program visit: <https://www.avc.edu/academics/programs-and-pathways/honors>

2026-2027 Cal-GETC (California General Education Transfer Curriculum)

Advising Form Effective Fall 2026 - Summer 2027

GE AREA	COMPLETED	IN PROGRESS	NEED	
				Completion of all the requirements in the California General Education Transfer Curriculum (Cal-GETC) may satisfy lower division general education requirements for students who transfer from Antelope Valley College to a campus in either the California State University or University of California system. All requirements must be completed before Cal-GETC certification can be granted. Additionally, all courses must be completed with a grade of "C" or better (a C- is not acceptable). A "C" is defined as a minimum 2.0 grade points on a 4.0 scale. Per Cal-GETC Standards 1.3: Students who completed IGETC-approved courses prior to Fall 2025, including courses that are no longer active in assist.org, may apply those courses in the same Cal-GETC area(s) for certification.
AREA 1: ENGLISH COMMUNICATION				
3 courses, one in each area (1a, 1b, 1c): 9 semester or 12 quarter units				
1A				Area 1A English Composition: ENGL C1000, C1000H
1B				Area 1B Critical Thinking and Composition: ENGL C1001, C1001H, C1002, C1002H; PHIL 201
1C				Area 1C Oral Communication: COMM C1000, C1000H
AREA 2: MATHEMATICAL CONCEPTS AND QUANTITATIVE REASONING				
1 course, 3 semester or 4 quarter units				
2				MATH 110, 116, 124, 128, 140, 148, 149, 150, 150H, 160, 220, 230, 250; STAT C1000, C1000H
AREA 3: ARTS AND HUMANITIES				
2 courses (one course from 3A, one from the 3B), 6 semester units or 8 quarter units				
3A				ARTS: ART 100, 103, 104, 106; ARTH C1100, C1100H, C1200, C1200H; DA 101, 113; ENGL 235; FTV 101, 107, 108, 201, 203; MUS 101, 101H, 105, 106, 110; MUSC 102, 103, 107, 108, 109; THA 101, 101H, 110, 111, 225
3B				HUMANITIES: CHIN 102; COMM 114, 217; ENGL 221, 222, 225, 227, 230, 231, 235, 242, 253, 253H, 256, 257, 259, 265, 279; FREN 102, 201, 202, 203; FTV 201, 203, 251, 261; GER 102, 201, 202; HIST 104, 105, 110H, 111H, 113, 115, 119, C1001, C1001H, C1002, C1002H; LATN 102, 201; PHIL 105, 105H, 106, 108, 109, 230, 240; PHOT 107; SPAN 110SS, 201, 202, 203, 210SS, 220SS; THA 239, 239H
AREA 4: SOCIAL AND BEHAVIORAL SCIENCE				
2 courses from two academic disciplines, 6 semester units or 8 quarter units				
4				AJ 206; ANTH 102, 103, 110, 112, 112H, 140; BUS 212; CFE 102, 103; ECON 100, 110, C2001, C2001H, C2002, C2002H; DFST 105, 106, 110; GEOG 105, 106, 110; HIST 104, 105, 110, 110H, 111, 111H, 113, 114, 116, 118, 119, C1001, C1001H, C1002, C1002H; POLS 103, 200, 201, 202, 203, C1000, C1000H; PSY 200, 201, 212, 230, 232, 233, 234, 235, 236; PSYC C1000, C1000H; SOC 105, 110, 111, 112, 115, 116, 120, 200; SOCI C1000, C1000H
4				
AREA 5: PHYSICAL AND BIOLOGICAL SCIENCES				
2 courses (one Physical Science {A} and one Biological Science {B}); at least one of the two courses must be associated with a Laboratory. 7 semester units or 9 quarter units # meets 5C requirement				
5A				A: PHYSICAL SCIENCES: ASTR C1001, C1001H; CHEM 101#, 102#, 110#, 120#, 210#, 220#; ERSC 101#; GEOG 101, 102; GEOL 101, 101H, 102; PHYS 101#, 102#, 110#, 120#, 211#; PSCI 101# #Lab included, satisfies 5C as well
5B				B: BIOLOGICAL SCIENCES: ANTH 101, 101H; BIOL C1001*#, 102#, 103#, 104, 104H, 110#, 120#, 201#, 202#, 204#, 205# ** Must register for required lab component separately #Lab included, satisfies 5C as well
5C				C: LABORATORY: ANTH 101L; ASTR C1001L; BIOL C1001L; GEOG 101L, 102L; GEOL 101L, 102L
AREA 6: ETHNIC STUDIES				
1 course, 3 semester or 4 quarter units				
6				ENGL 257; ETHN 101, 102, 112, 114, 257EN
(Optional) UC GRADUATION REQUIREMENT: LANGUAGE OTHER THAN ENGLISH				
Not part of Cal-GETC, courses may be completed prior to transfer.				
CHIN 102, 201, 202; DFST 102, 201, 202; FREN 102, 201, 202, 203; GER 102, 201, 202; LATN 102, 201; SPAN 102, 110SS, 201, 202, 203, 210SS, 220SS				
(Optional) CSU GRADUATION REQUIREMENT IN U.S. HISTORY, CONSTITUTION, AND AMERICAN IDEALS				
2 courses, 6 semester or 8 quarter units. Courses may double count with Areas 3B or 4, if applicable. Not part of Cal-GETC, courses may be completed prior to transfer.				
POLS C1000, C1000H and one HIST course from the following: HIST C1001, C1001H, C1002, C1002H, 110, 111, 111H				

COUNSELING NOTE SECTION

Prerequisite: If a course is listed as a prerequisite for another course, that prerequisite course must be completed with a satisfactory grade to enroll in the next course. A satisfactory grade is a grade of "A," "B," "C" or "P". Students who enroll in classes for which they do not meet the prerequisites will be involuntarily dropped. Students will be notified of this involuntary drop. Title 5, Section 55200(d)

Application for Graduation:

Antelope Valley College awards degrees three times annually following the Fall, Spring, and summer semesters. Students must apply for graduation to earn their degree or certificate. Applications are due by September 6 for spring/summer graduates and by February 14 for fall graduates.

AVC 26-27 CATALOG: [ACADEMIC POLICIES](#)

INFORMATION and RESOURCES

Tutoring Assistance
Transfer Center
Basic Needs

Career Center
Office of Students with Disabilities
Financial Aid

AVC Student Health Services
Palmdale Center
Counseling Division