

Kinesiology for Transfer (AA-T) 25-26



ABOUT THIS MAJOR

The Associate in Arts in Kinesiology for Transfer (AA-T) degree offers students a fundamental knowledge of human movement and physical activity. Students will enhance their own

understanding of lifetime patterns of physical activity and enhance problem solving and critical thinking by studying concepts and techniques to apply and impart them to the diversity of backgrounds, body types and physical needs. For more information, visit the Athletics and Kinesiology division.

TO EARN A DEGREE A STUDENT MUST COMPLETE THE FOLLOWING:

- [1] Completion of 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

[Total Units Required for the Major 20-23]

Required Courses, complete ALL courses (total 11 units)	
BIOL201 - General Human Anatomy	4
BIOL202 - General Human Physiology	4
KINT100 - Introduction to Kinesiology	3

Movement Based Courses: Select one course maximum from any three	e
of the following areas (total 3 units)	
AQUATICS	
KINF191 - Beginning Swimming	1
KINF193 - Beginning Water Aerobics	1
KINF195 - Beginning Fitness Swimming	1
KINF196 - Intermediate Fitness Swimming	1
KINF190 - Beginning Swimming for Non-swimmers	1
KINF194 - Intermediate Water Aerobics	1
KINF192 - Intermediate 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	
KINF140 - Beginning Golf	1
KINF180 - Beginning Volleyball	1
KINF181 - Intermediate Volleyball	1
KINF220 - Advanced Basketball	1
KINF280 - Advanced Volleyball	1
KINF150 - Beginning Soccer	1
KINF151 - Intermediate Soccer	1
KINF115 - Beginning Fast-Pitch Softball	1
KINF116 - Intermediate Fast-Pitch Softball	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 - General Chemistry	5
CHEM110H - General Chemistry Honors	5
STATC1000 - Introduction to Statistics	4
STATC1000H - Introduction to Statistics - Honors	4
PSYCC1000 - Introduction to Psychology	3
PSYCC1000H - Introduction to Psychology - Honors	3
SOC101 - Introduction to Sociology	3
SOC101H - Introduction to Sociology - Honors	3

RECOMMENDED PATHWAY Associate of 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

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SEMESTER 1

Course Advisement	Units
Movement Based Courses	3
• Cal-GETC GE AREA 5B :BIOL 101	1
• Cal-GETC GE AREA 5C: BIOL 101 LAB	3
 CAL-GETC GE AREA 1C: ORAL COMMUNICATION 	3
• Cal-GETC GE AREA 1A: ENGLC1000 (FORMALLY ENGL 101)	3
• Cal-GETC GE AREA 2: STATC1000	4
Total Semester Units	15

SEMESTER 2

Course Advisement	Units
■ CHEM 110	3
■ Movement Based Courses	1
■ Movement Based Courses	1
CAL-GETC GE AREA 3A: Arts	3
CAL-GETC GE AREA 1B: Critical Thinking	3
 Cal-GETC GE AREA 3B: Humanities 	3
Total Semester Units	16

SEMESTER 3

Course Advisement	
■ KINT 100	3
■ BIOL 201	4
Cal-GETC GE AREA 4: Social & Behavioral Science	3
 Cal-GETC GE AREA 6: Ethnic Studies 	3
▲ GENERAL ELECTIVE	3
Total Semester Units	16

SEMESTER 4

Course Advisement	
■ BIOL 202	4
Require Elective A: HE 100 (rec.)	3
 Cal-GETC GE AREA 4: Social & Behavioral Science 	3
▲ GENERAL ELECTIVE	3
Total Semester Units	13
Total Degree units	60

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 25-26 CATALOG: ACADEMIC POLICIES

INFORMATION and RESOURCES

Tutoring Assistance Career Center AVC Student Health Services
Transfer Center Office of Students with Disabilities Palmdale Center
Basic Needs Financial Aid Counseling Division

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Г	Г	_	2	2025-2026 Cal-GETC (California General Education Transfer Curriculum)
H	Advising Form Effective Fall 2025 - Summer 2026			
GE AREA	COMPLETED	IN PROGRESS	NEED	The California General Education Transfer Curriculm (Cal-GETC) is the singular general education pathway for California Community College (CCC) students to fulfill lower-division general education requirements necessary for transfer and admission to both the California State University (CSU) and the University of California (UC). It is also accepted by some private / independent or out-of-state universities. Please refer to the back page for additional information.
	_		_	AREA 1: ENGLISH COMMUNICATION 3 courses, one in each area (1a, 1b, 1c): 9 semester or 12 quarter units
1A			Ш	Area 1A English Composition: ENGL C1000, C1000H
1B			Ш	Area 1B Critical Thinking and Composition: ENGL C1001, C1001H, 102, 102H; 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
2A				MATH 110, 116, 124, 128, 140, 148, 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			Ц	ARTS: ART 100, 101, 101H, 102, 103, 104, 106; 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
3В				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; GER 102, 201, 202; HIST 104, 105, 107, 107H, 108, 108H, 110H, 111H, 113, 115, 119; LATN 102, 201; PHIL 105, 105H, 106, 108, 109, 130, 140; 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, 101, 101H,102, 102H, 110; DFST 105, 106, 110; GEOG 105, 106, 110; HIST 104, 105, 107, 107H, 108, 108H, 110, 110H, 111, 111H, 113, 114, 116,
4				118, 119; POLS C1000, C1000H, 103, 200, 201, 202, 203; PSY 200, 201, 212, 230, 232, 233, 234, 235, 236; PSYC C1000, C1000H; SOC 101, 101H, 105, 110, 111, 112, 115, 116, 120, 200;
		_	_	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 101, 101H; 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 101°#, 102#, 103#, 104, 104H, 110#, 120#, 201#, 202#, 204#, 205# *# Must register for required lab component (BIOL 101L) separately #Lab included, satisfies 5C as well
5C				C: LABORATORY: ANTH 101L; ASTR 101L; BIOL 101L; GEOG 101L, 102L; GEOL 101L, 102L
				AREA 6: ETHNIC STUDIES 1 course, 3 semester or 4 quarter units
6				ENGL 257; ETHN 101, 102, 257EN