

# PROGRAM OF STUDY

## CC Kinesiology for Transfer AA Degree Program

ASSOCIATE OF ARTS DEGREE FOR TRANSFER IN KINESIOLOGY is designed to provide students with an introduction to the academic discipline dealing with the art and science contained in human movement. The course of study provides a foundation in the fundamentals of human anatomy, physiology, movement, and the refinement of individual fitness and sport related skills. Opportunities are provided for students to expand their understanding and expertise in a variety of areas.

The Associate of Arts for Transfer in Kinesiology prepares students for transfer to baccalaureate institutions, where they may complete a Bachelor's degree in Kinesiology or related disciplines.

Courses required for the Associate degree major at Cerro Coso Community College may not be the same as those required for the corresponding major at a four-year school. Consult a counselor and visit [www.assist.org](http://www.assist.org) to identify the courses needed for the major at your transfer school and to develop a plan that will best meet your goals.

You must complete a minimum of 60 units, including the courses listed in the major and general education requirements, with an overall GPA of 2.0 or better, and a grade of "A," "B," or "C," in all courses for the major. A minimum of 12 units must be completed at Cerro Coso Community College.

The four year institution you are transferring to may require some, or all, of the major courses to be taken for a grade. Please consult a counselor and [www.assist.org](http://www.assist.org) to determine any limitations on Pass/No pass grading in major preparation courses.

## This program prepares students for careers in Kinesiology

Most career opportunities in Kinesiology require a B.A. or advanced degree. Common university majors related to the field of Kinesiology include Sports Medicine, Exercise Physiology, Athletic Training, Physical Education, Cardiac Rehabilitation, Biomechanics, Pre-Physical Therapy, Occupational Therapy, Ergonomics, Corporate Fitness, Wellness, Coaching, Sports Management, Athletic Administration, Personal Training, Recreation, Sports Psychology, and Sports Officiating.

**Some courses within the major have a required prerequisite. If you feel you have equivalent knowledge and skills to those included in the prerequisite course through professional experience, licensure or certification, you have the opportunity to submit a Prerequisite Challenge to be reviewed by the Department Chair. For the Prerequisite Challenge to be considered, you must submit documentation/verification to substantiate the basis for the challenge. Please see a counselor for more information about the Prerequisite Challenge process.**

### **REQUIRED CORE: Complete all of the following courses (11 units):**

BIOL C251	Human Anatomy	4
BIOL C255	Human Physiology	4
PHED C101	Introduction to Kinesiology	3

Total: 11

### **REQUIRED - Fitness Area: Select one course from the following area (one unit maximum):**

		<b>Units</b>
PHED C103	Aerobic Dance I	1
	<b>or</b>	
PHED C104	Aerobic Dance II	1
	<b>or</b>	
PHED C105	Weight Training I	1
	<b>or</b>	
PHED C106	Weight Training II	1
	<b>or</b>	
PHED C107	General Conditioning I	1
	<b>or</b>	
PHED C108	General Conditioning II	1

Total: 1

<b>REQUIRED - Individual Activities Area: Select one course from the following area (one unit maximum):</b>		<b>Units</b>
PHED C109	Golf I	1
	<b>or</b>	
PHED C110	Golf II	1
	<b>or</b>	
PHED C113	Tennis I	1
	<b>or</b>	
PHED C114	Tennis II	1

Total: 1

<b>REQUIRED - Team sport area: Select one course from the following area (one unit maximum):</b>		<b>Units</b>
PHED C115	Volleyball I	1
	<b>or</b>	
PHED C116	Volleyball II	1
	<b>or</b>	
PHED C123	Softball I	1
	<b>or</b>	
PHED C124	Softball II	1

Total: 1

<b>ADDITIONAL PROGRAM REQUIREMENTS: Select two courses (9-10 units) from the below listed course offerings:</b>		<b>Units</b>
CHEM C111	General Inorganic Chemistry I	5
	<b>and</b>	
CHEM C221	Organic Chemistry I	5
	<b>or</b>	
MATH C121	Elementary Probability and Statistics	4
	<b>or</b>	
MATH C121H	Elementary Probability and Statistics - Honors	5
	<b>or</b>	
PHYS C111	Mechanics	5

Total: 4 - 10

**Complete general education requirements and electives for a minimum of 60 total units.**

36 - 37

Total: 36 - 37

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## Total Units

**54 - 61**

PID 701

## Program Learning Outcomes

**A .** Analyze the anatomical and physiological principles of human movement in exercise and sport settings  
*Assessment:* Written examinations.

**B .** Explain the structure and function of the human body.  
*Assessment:* Written examinations.

**C** . Apply the principles of physical fitness development and maintenance and assess the body’s systematic responses to physical activity.

*Assessment:* Written examinations.

**D** . Define the importance and benefits of life-long physical activity and wellness.

*Assessment:* Written examinations.

**E** . Apply techniques of, and demonstrate an advanced level of knowledge, in at least three areas of physical sport skills.

*Assessment:* Scored using skills rubrics and by written examinations.

## Program Matrix

Courses	Program Learning Outcomes				
	A	B	C	D	E
BIOL C251	X	X	X		
BIOL C255	X	X	X		
CHEM C111	X		X		
CHEM C221	X		X		
MATH C121	X		X		
MATH C121H	X		X		
PHED C101		X	X	X	
PHED C103		X		X	X
PHED C104		X		X	X
PHED C105		X		X	X
PHED C106		X		X	X
PHED C107		X		X	X
PHED C108		X		X	X
PHED C109		X		X	X
PHED C110		X		X	X
PHED C113		X		X	X
PHED C114		X		X	X
PHED C115		X		X	X
PHED C116		X		X	X
PHED C123		X		X	X
PHED C124		X		X	X
PHYS C111	X		X		

## Planning Summary

### Program Cover

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<b>Recommended T.O.P. Code</b>	1270.00
<b>Units for Degree Major or Area of Emphasis</b>	23-24 Units
<b>Total Units for Degree</b>	60
<b>Required Units-Certificate</b>	
<b>Projected Annual Completers</b>	3-7
<b>Projected Net Annual Labor Demand (CTE)</b>	
<b>Estimated FTE Faculty Workload</b>	3
<b>Number of New Faculty Positions</b>	0

Est. Cost, New Equipment	0
Cost of New/Remodeled Facility	0
Est. Cost, Library Acquisitions	0
When will this program undergo review as part of college's Program Evaluation Plan?	30 = Spring 2017

## Need

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### Enrollment and Completer Projections

### Place of Program in Curriculum/Similar Programs

This transfer program is for students hoping to secure careers in kinesiology or related fields that require a baccalaureate degree. The program will share a significant amount of existing curriculum, facilities, and faculty resources (as no new courses will be required to implement this revised program). Enrollment pattern changes are unclear at this time. It is likely that the increased academic rigor will result in additional students enrolling from the student population because of the emphasis in the area of Kinesiology and other sciences.

### 'Similar Programs at other colleges in service area

California State University, Bakersfield; California State University, San Bernardino

### Labor Market Information & Analysis (CTE only)

### Employer Survey (CTE only)

### Explanation of Employer Relationship (CTE Only)

### List of Members and Advisory Committee (CTE Only)

### Recommendations of Advisory Committee (CTE Only)

## Adequate Resources

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### Library and/or Learning Resources Plan

Library resources include EBISCOhost databases. Areas of database emphasis (but not limited to): "Academic Search Complete"; "Readers Guide to Periodical Literature"; "Medline Complete"; "Sportdiscus with Full Text".

### Facilities and Equipment Plan

No new facilities are required at this time.

### Financial Support Plan

### Faculty Qualifications and Availability

Faculty assignments will be drawn from currently employed Cerro Coso faculty. No new faculty are required at this time.

## Compliance

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### Based on model curriculum (if applicable)

SB 1440 Transfer Model Curriculum, approved by the State in June, 2011. Both TMC template and completed TMC included in the "attachment" section.

### Licensing or Accreditation Standards

### Student Selection and Fees

## Conditions of Enrollment



## **Associate in Arts in Kinesiology for Transfer (AA-T)**

Title of proposed program: Associate in Arts in Kinesiology for Transfer (AA-T)

Title of existing program: Physical Education

Existing program TOP Code: 1270.00

Existing program control number: 1937

Contact Person: Heather Ostash

Title: Vice President, Student Services/Articulation Officer

Phone number: 760-384-6249

Email address: [hostash@cerrocoso.edu](mailto:hostash@cerrocoso.edu)

Projected start date: Fall 2012

Type of change requested: Revise existing Physical Education Major to comply with State mandated (SB 1440) Transfer Model Curriculum, which was finalized in July, 2011.

Type of program: AA-T Degree

Projected annual completers: 3-7

Units for degree major or area of emphasis: 23-24

Total units for degree: 60



## Criteria A

**Statement of goals and objectives for existing program, including new changes.** The goal of the Associate in Arts in Kinesiology for Transfer (AA-T) is to provide an advanced understanding of the discipline and to prepare students for transfer to any CSU for a baccalaureate degree in Kinesiology and related fields. This new program revision will provide additional academic rigor for the program.

### **Catalog Description.**

The ASSOCIATE IN ARTS IN KINESIOLOGY FOR TRANSFER (AA-T) is designed to provide students with an introduction to the academic discipline dealing with the art and science of human movement. The course of study provides a foundation in the fundamentals of human anatomy, physiology, movement, and the refinement of individual fitness and sport related skills. Opportunities are provided for students to expand their understanding and expertise in a variety of areas.

The Associate in Arts in Kinesiology for Transfer (AA-T) prepares students for transfer to baccalaureate institutions, where they may complete a Bachelor's degree in Kinesiology or related disciplines.

Courses required for the Associate degree major at Cerro Coso Community College may not be the same as those required for the corresponding major at a four-year school. Consult a counselor and visit [www.assist.org](http://www.assist.org) to identify the courses needed for the major at your transfer school and to develop a plan that will best meet your goals. You must complete a minimum of 60 units, including the courses listed in the major and general education requirements, with an overall GPA of 2.0 or better, and a grade of "A," "B," or "C" in all courses for the major. A minimum of 12 units must be completed at Cerro Coso Community College. Your transfer institution may require some of the major courses to be taken for a grade. Please consult a counselor and [www.assist.org](http://www.assist.org) to determine any limitations on Pass/No pass grading in major preparation courses.

Most career opportunities in Kinesiology require a B.A. or advanced degree. Common university majors related to the field of Kinesiology include Sports Medicine, Exercise Physiology, Athletic Training, Physical Education, Cardiac Rehabilitation, Biomechanics, Pre-Physical Therapy, Occupational Therapy, Ergonomics, Corporate Fitness, Wellness, Coaching, Sports Management, Athletic Administration, Personal Training, Recreation, Sports Psychology, and Sports Officiating.

To complete the degree, students must fulfill both of the following requirements:

Completion of 60 semester units that are eligible for transfer to the California State University, including both of the following:

- (A) The Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education-Breadth Requirements.
- (B) A minimum of 23 units semester units in a major or area of emphasis, as determined by the Kern Community College District Board of Trustees.

Please note that the local Cerro Coso general education pattern **may not** be used to fulfill the requirements of this degree and that all required courses for the degree must be transferable to CSU.



## Revised Program Requirements.

### KINESIOLOGY TRANSFER MODEL CURRICULUM

#### Required Core: 14 Units

PHED C 101	- INTRODUCTION TO KINESIOLOGY	3 UNITS
BIO C251	- HUMAN ANATOMY	4 UNITS
BIO C255	- HUMAN PHYSIOLOGY	4 UNITS

Movement Based Courses – (Maximum 3) a maximum of one (1) course from any three (3) of the following areas for a maximum of three units:

#### Fitness Area (one unit only):

PHED C103	- AEROBIC DANCE I	1 UNIT
PHED C104	- AEROBIC DANCE II	1 UNIT
PHED C105	- WEIGHT TRAINING I	1 UNIT
PHED C106	- WEIGHT TRAINING II	1 UNIT
PHED C107	- GENERAL CONDITIONING I	1 UNIT
PHED C108	- GENERAL CONDITIONING II	1 UNIT

#### Individual Sports Area (one unit only):

PHED C109	- GOLF I	1 UNIT
PHED C110	- GOLF II	1 UNIT
PHED C113	- TENNIS I	1 UNIT
PHED C114	- TENNIS II	1 UNIT



Team Sports Area (one unit only):

PHED C115 - VOLLEYBALL I	1 UNIT
PHED C116 - VOLLEYBALL II	1 UNIT
PHED C123 - SOFTBALL I	1 UNIT
PHED C124 - SOFTBALL II	1 UNIT

**List A (select two courses) 9-10 units:**

MATH C121 - ELEM. PROBABILITY AND STATISTICS 4 UNITS

**OR**

MATH C121H - ELEM. PROBABILITY AND STATISTICS 5 UNITS  
HONORS

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CHEM C111 - GENERAL INORGANIC CHEMISTRY I 5 UNITS

**OR**

CHEM C221 - ORGANIC CHEMISTRY I 5 UNITS

PHYS C111 - MECHANICS 5 UNITS

MAJOR TOTAL UNITS 23-24 UNITS

Associate in Arts in Kinesiology for Transfer (AA-T) (23-24 units in the major):

Total Units in the Major.....	23-24 Units
CSU General Education or IGETC Pattern .....	<u>36-37 Units</u>
CSU Transferrable Elective Units to reach Degree Total of.....	60 Units

Complete CSU-Breadth or IGETC\* general education transfer patterns as well as CSU transferable electives for a total of 60 units.

*\*Students planning to transfer to the CSU system must complete Area 1C: Oral Communications prior to transfer to meet the minimum admissions requirement for the CSU system.*





**Discussion of background and rationale.** During the fall semester, 2011, Physical Education faculty began discussions regarding the possible implementation of the Associate in Arts in Kinesiology for Transfer (AA-T), SB1440 degree. As a result of information gleaned from the nearly completed program review of the existing Physical Education AA, it was clear that this revision was a necessary and important component of the educational process at Cerro Coso Community College. The TMC-aligned major is being proposed because of its increased rigor and its ability to provide our students with expanded career opportunities. Students will also benefit by qualifying for admission to a California State University (CSU) campus upon successful completion of the specified program requirements.

#### Criteria B

**Place of proposed change in the curriculum.** The Associate in Arts in Kinesiology for Transfer (AA-T) program will eventually replace the existing Physical Education AA in the curriculum. Need and enrollment changes are unclear at this time. It is likely that students in the current program will move to this more attractive option.

#### Criteria C

**Analysis of labor market need or job availability (for career technical education only).**

#### Criteria D

**Adequate Resources:**

No additional resources will be required to execute this program revision. This includes: Library and learning resources, facilities and equipment, and financial support. All of the faculty that will teach in this program meet the State minimum qualifications. Cost will be negligible, as all courses taught in the various disciplines in the program are currently included in existing Career Pathways documents on file with the Counseling Office.

#### Criteria E

**Compliance:**

All faculty teaching major courses are properly credentialed and there are no other licensing standards that apply to this program.

**TMC template:** Attached.

**Course Outline of Record:** Attached.

**Kinesiology Transfer Model Curriculum**  
**CCC Major or Area of Emphasis:** Kinesiology  
**CSU Major or Majors:** Kinesiology  
**Total units:** 20-24 (all units are semester units)

Rev. 6/30/2011  
 Template #1008

In the four columns on the right, enter the course identifier, course title and number of units of a course that is comparable to the course indicated for the TMC (in the far left column). If the course may be double-counted with either CSU-GE or IGETC, put an X in the GE column.

The units indicated in the TMC are semester units – and they are minimum units. All courses must be CSU transferable. Where there is an indicated C-ID descriptor, you are certifying that your course is comparable. Where no reference descriptor is indicated, discipline faculty should compare the existing course to the sample course description(s) provided in the TMC at <http://www.c-id.net/degreereview.html> and attach the appropriate report from ASSIST showing the required transferability status (i.e., CSU transferable, general education, or major preparation at CSU).

Kinesiology Transfer Model Curriculum		Associate in Arts degree in Kinesiology for transfer College Name: Cerro Coso Community College Program Requirements			
Course Title (units)	C-ID (or TCSU) Designation	Course ID	Course Title	Units	GE
<b>Required Core:</b> 14 units					
Introduction to Kinesiology (3)	KIN 100	PHED C101	Introduction to Kinesiology	3	<input type="checkbox"/>
Human Anatomy with Lab (4)		BIOL C251	Human Anatomy	4	<input checked="" type="checkbox"/>
Human Physiology with Lab (4)		BIOL C255	Human Physiology	4	<input checked="" type="checkbox"/>
Movement Based Courses: (maximum 3) Select a maximum of one (1) course from any three (3) of the following areas for a maximum of three units <sup>ii</sup> :					
• Aquatics				0	<input type="checkbox"/>
• Combatives				0	<input type="checkbox"/>
• Dance				0	<input type="checkbox"/>
• Fitness		PHED C103	Aerobic Dance I	1	<input checked="" type="checkbox"/>
		PHED C104	Aerobic Dance II	1	
		PHED C105	Weight Training I	1	
		PHED C106	Weight Training II	1	
		PHED C107	General Conditioning I	1	
		PHED C108	General Conditioning II	1	
• Individual Sports		PHED C109	Golf I	1	<input checked="" type="checkbox"/>
		PHED C110	Golf II	1	
		PHED C113	Tennis I	1	
		PHED			

<sup>i</sup> If a C-ID descriptor has been finalized, it may be entered in this column. [http://www.c-id.net/descriptors/view\\_final](http://www.c-id.net/descriptors/view_final)

<sup>ii</sup> While the language of the template is general, colleges must specify which courses students would select from.

		C114	Tennis II	1	
• Team Sports		PHED C115 PHED C116 PHED C123 PHED C124	Volleyball I  Volleyball II  Softball I  Softball II	1  1  1  1	<input checked="" type="checkbox"/>
<b>List A (select two): 6-10 units</b>					
Introductory Statistics for General, Business, and Social Sciences (3)	STAT 110 (TCSU) STAT 120 (TCSU) SOC1 125	MATH C121  OR  MATH C121h	Elementary Probability and Statistics  OR  Elementary Probability and Statistics – Honors	4    5	<input checked="" type="checkbox"/>
Human Biology (4)	BIOL 110 (TCSU)				<input type="checkbox"/>
Survey of General, Organic, and Biological Chemistry (5) or General Chemistry I (5)	CHEM 210 (TCSU)  or CHEM 110	CHEM C 111  OR  CHEM 221	General Inorganic Chemistry I  OR  Organic Chemistry I	5    5	<input checked="" type="checkbox"/>
Physics (4-5)	PHYS 105 or PHYS 205	PHYS C 111	Mechanics	5	<input checked="" type="checkbox"/>
First Aid and CPR (3)	KIN 101			0	<input type="checkbox"/>
<b>Total Units for the Major:</b>	<b>20-24</b>		<b>Total Units for the Major:</b>	23-24 Units	
		<b>Total Units that may be double-counted:</b>			20 - 21 Units