

Name: _____

ID: _____

Date: _____

Counselor Contact: _____

Major Requirements: 21-23 units

A grade of "C" or better is required in the following courses

| ASSOCIATE IN ARTS FOR TRANSFER (F.4555.AA-T) | C-ID | Units | Completed | In Progress | Planned |
|--|-----------|-------|-----------|-------------|---------|
| Required Core Courses: 15 units | | | | | |
| HLTH 2, First Aid and Safety | KIN 101 | 3 | | | |
| PE 62, Introduction to Kinesiology | KIN 100 | 3 | | | |
| Select a Biology Sequence: | | | | | |
| BIOL 20, Human Anatomy AND | BIOL 110B | 4 | | | |
| BIOL 22, Human Physiology | BIOL 120B | 5 | | | |
| OR BIOL 21A, Human Anatomy & Physiology I | BIOL 115S | 4 | | | |
| AND BIOL 21B, Human Anatomy & Physiology II | | 5 | | | |
| Movement-Based Courses: 3 units Select one (1) course maximum from three (3) of the following areas; for a total of 3 or more units | | | | | |
| Area 1: Aquatics | | | | | |
| PE 12, Swimming | | 1 | | | |
| Area 2: Combatives | | | | | |
| PE 8, Basic Self Defense | | 1 | | | |
| Area 3: Dance | | | | | |
| Dance 8A, Beginning Hip Hop Technique | | 1 | | | |
| Dance 9, Body Awareness, Mental Health and Conditioning through Dance | | 1 | | | |
| Dance 10A, Beginning Modern Dance Technique | | 1.5 | | | |
| Dance 12A, Beginning Ballet Part 1 | | 1.5 | | | |
| Dance 12B, Beginning Ballet Part 2 | | 1.5 | | | |
| Dance 13A, Intermediate Ballet Technique | | 1.5 | | | |
| Dance 14, Beginning Jazz Dance Technique | | 1 | | | |
| Dance 16, Beginning Tap Dance | | 1 | | | |
| Dance 18, Intermediate Tap Dance | | 1 | | | |
| Dance 28A, Intermediate Modern Dance Technique | | 1.5 | | | |
| Area 4: Fitness | | | | | |
| PE 6, Fitness and Health | | 1 | | | |
| PE 17, Yoga | | 1 | | | |
| PE 27, High Intensity Interval Training | | 1 | | | |
| PE 15A, Beginner Weight Training OR PE 15B, Intermediate Weight Training OR PE 15C, Advanced Weight Training | | 1 | | | |
| Area 5: Individual Sports | | | | | |

| | | | | | |
|--|----------|-----|--|--|--|
| PE 4, Badminton | | 1 | | | |
| PE 4B, Intermediate Badminton | | 1 | | | |
| PE 7, Golf | | 1 | | | |
| PE 13, Tennis | | 1 | | | |
| PE 13B, Intermediate Tennis | | 1 | | | |
| Area 6: Team Sports | | | | | |
| PE 5, Basketball | | 1 | | | |
| PE 14, Volleyball | | 1 | | | |
| PE 71, Soccer | | 1 | | | |
| Electives: Select one (1) course | | | | | |
| MATH 11/11H, Elementary Statistics OR MATH/PSY 42, Statistics for the Behavioral Sciences OR DS 23, Business Statistics | MATH 110 | 3-4 | | | |
| CHEM 1A, General Chemistry I | CHEM 110 | 5 | | | |
| PHYS 2A, General Physics 1 | PHYS 105 | 4 | | | |

Notes:

1. Some of the above courses may have prerequisites. See the catalog or schedule of classes.
2. The *Associate Degree for Transfer* requires completion of the major (21-23 units) with a “C” or better grade in each course plus the completion of the General Education requirements (either CSU GE Breadth or IGETC CSU) for a total of **60 CSU-transferable semester units minimum** with a 2.0 or better GPA.
3. Some courses may not have an associated C-ID, please see catalog or counselor for more information.