

ADT Submission Form for Kinesiology CCC Major or Area of Emphasis: Kinesiology**TOP Code:** 127000**CSU Major(s):** Kinesiology**Total Units:** 20 (all units are minimum semester units)

Form # 008 Rev. 6: 09/01/22

In the four columns to the right under the **College Program Requirements**, enter the college's course identifier, title and the number of units comparable to the course indicated for the form. If the course may be double-counted with Cal-GETC, enter the GE Area to which the course is articulated. To review the GE Areas and associated unit requirements, please go to Chancellor's Office Academic Affairs page, RESOURCE section located at:

<https://www.cccco.edu/About-Us/Chancellors-Office/Divisions/Educational-Services-and-Support/What-we-do/Curriculum-and-Instruction-Unit/Templates-For-Approved-Transfer-Model-Curriculum>

or the ASSIST website:

<https://www.assist.org/>.

The units indicated in the template are the **minimum** semester units required for the prescribed course or list. All courses must be CSU transferable. **All courses with an identified C-ID Descriptor must be submitted to C-ID prior to submission of the Associate Degree for Transfer (ADT) proposal to the Chancellor's Office.**

Where no **C-ID Descriptor** is indicated, discipline faculty should compare their existing course to the example course(s) provided in the form at:

<http://www.c-id.net/degereview.html>

Attach the appropriate ASSIST documentation as follows:

- *Articulation Agreement by Major (AAM)* demonstrating lower division preparation in the major at a CSU;
- *CSU Baccalaureate Level Course List by Department (BCT)* for the transfer courses; and/or,
- *CSU GE Certification Course List by Area (GECC)*.

The acronyms **AAM**, **BCT**, and **GECC** will appear in **C-ID Descriptor** column directly next to the course to indicate which report will need to be attached to the proposal to support the course's inclusion in the transfer degree. To access ASSIST, please go to <http://www.assist.org>.

Associate in Arts in Kinesiology for Transfer Degree College Name: Santa Rosa Junior College					
TRANSFER MODEL CURRICULUM (TMC)		COLLEGE PROGRAM REQUIREMENTS			
Course Title (units)	C-ID Descriptor	Course ID	Course Title	Units	Cal-GETC
REQUIRED CORE: (14 units minimum)					
Introduction to Kinesiology (3)	KIN 100	KIN 1	Introduction to Kinesiology	3.00	
Human Anatomy with Lab (4) AND Human Physiology with Lab (4) OR Human Anatomy and Physiology with Lab (8)	BIO 110B AND BIOL120B OR BIOL 155S	ANAT 1 AND PHYZ 1	General Human Anatomy AND Human Physiology	5.00 5.00	5B, 5C 5B, 5C

Movement Based Courses Select a maximum of one (1) course from any three (3) of the following areas for a minimum of three units: Aquatics, Combatives, Team Sports, Individual Sports, Fitness, Dance	AAM	KINA 1	Introduction to Swimming	1.50	
		KINA 1.1	Beginning Swimming	1.50	
		KINA 1.2	Intermediate Swimming	1.50	
		KINA 2.1	Aquatic Fitness	1.50	
		KINA 2.3	Advanced Aquatic Fitness	1.50	
		KINA 3.1	Beginning Aquatic Calisthenics	1.50	
		KINA 3.2	Intermediate Aquatic Calisthenics	1.50	
		KINA 4.1	Deep Water Running	1.50	
		KINA 10.1	Beginning Springboard Diving	1.50	
		KINA 10.2	Intermediate Springboard Diving	1.50	
		KINA 12.1	Beginning Water Polo	1.50	
		KINA 12.3	Training for Competitive Water Polo	1.50	
		KINC 1.1	Tai Chi - Chen Style	1.50	
		KINC 1.2	Tai Chi - Yang Style	1.50	
		KINC 1.3	Tai Chi - Wudang Style	1.50	
		KINC 1.4	Tai Chi - Sword	1.50	
		KINC 2.1	Beginning Judo	1.50	
		KINC 2.2	Intermediate Judo	1.50	
		KINC 2.3	Advanced Judo	1.50	
		KINC 4	Introduction to Boxing	1.50	
		KINC 4.1	Beginning Boxing	1.50	
		KINC 4.2	Intermediate Boxing	1.50	
		KINC 4.3	Advanced Boxing	1.50	
		KINC 10	Personal Safety & Self Defense	1.50	
			Introduction to Dance		
		DANC 10.1	Movement	1.50	
			Introduction to Dance Genres:		
		DANC 10.2	Ballet, Modern, Jazz	1.50	
			Ballet I		
		DANC 11.1	Ballet II	1.50	
		DANC 11.2	Ballet III	1.50	
		DANC 11.3	Ballet IV	1.50	
		DANC 11.4	Jazz Dance I	1.50	
		DANC 13.1	Jazz Dance II	1.50	
		DANC 13.2	Jazz Dance III	1.50	
		DANC 13.3	Jazz Dance IV	1.50	
		DANC 13.4	Contemporary Dance I	1.50	
		DANC 14.1	Contemporary Dance II	1.50	
		DANC 14.2	Contemporary Dance III	1.50	
		DANC 14.3	Contemporary Dance IV	1.50	
		DANC 14.4	Modern Dance I	1.50	
		DANC 16.1	Modern Dance II	1.50	
		DANC 16.2	Modern Dance III	1.50	
		DANC 16.3	Modern Dance IV	1.50	
		DANC 16.4	Hip Hop/Funk I	1.50	
		DANC 21.1	Hip Hop/Funk II	1.50	
		DANC 21.2	Hip Hop/Funk III	1.50	
		DANC 21.3	Hip Hop/Funk IV	1.50	
		DANC 21.4	Dance Improvisation	1.50	
		DANC 35	Techniques	1.50	
			Ballroom Dance I		

		DANC 37.1	Ballroom Dance II	1.00	
		DANC 37.2	Latin Dance I	1.00	
		DANC 88.1	Latin Dance II	1.00	
		DANC 88.2	Latin Dance III	1.00	
		DANC 88.3	Latin Dance IV	1.00	
		DANC 88.4	Beginning Aerobic Dance	1.00	
		KFIT 1.1	Intermediate Aerobic Dance	1.5	
		KFIT 1.2	Beginning Step Aerobics	1.5	
		KFIT 2.1	Intermediate Step Aerobics	1.5	
		KFIT 2.2	Beginning Body Conditioning	1.5	
		KFIT 3.1		1.5	
		KFIT 3.2	Intermediate Body Conditioning	1.5	
		KFIT 3.3	Advanced Body Conditioning	1.5	
		KFIT 4.1	Body Mechanics	1.5	
		KFIT 5	Introduction to Pilates Mat	1.5	
		KFIT 5.1	Beginning Pilates Mat	1.5	
		KFIT 5.2	Intermediate Pilates Mat	1.5	
		KFIT 5.3	Advanced Pilates Mat	1.5	
		KFIT 6	Introduction to Yoga	1.5	
		KFIT 6.1	Beginning Yoga	1.5	
		KFIT 6.2	Intermediate Yoga	1.5	
		KFIT 7.1	Beginning Circuit Training	1.5	
		KFIT 7.2	Circuit Training Intermediate	1.5	
		KFIT 8	Introduction to Weight Lifting	1.5	
		KFIT 8.1	Beginning Weight Lifting	1.5	
		KFIT 8.2	Intermediate Weight Training	1.5	
		KFIT 10.1	Resistance Training	1.5	
		KFIT 11.1	Periodized Weight Training	1.5	
		KFIT 12.1	Power Lifting	1.5	
		KFIT 16.1	Plyometrics, Speed and Agility	1.5	
		KFIT 17.1	Interval Training	1.5	
		KFIT 20.1	ZUMBA	1.5	
		KFIT 21.1	Cardio Kickboxing	1.5	
		KFIT 25.1	Vinyasa Flow Yoga	1.5	
		KFIT 26.1	Gentle Yoga	1.5	
		KFIT 30.1	Stability Ball Training	1.5	
		KFIT 31.1	Pilates Yoga Fusion	1.5	
		KFIT 32	Introduction to Barre Fitness	1.5	
		KFIT 32.1	Beginning Barre Fitness	1.5	
		KFIT 32.2	Intermediate Barre Fitness	1.5	
		KFIT 32.3	Advanced Barre Fitness	1.5	
		KFIT 35.1	Walking for Fitness	1.5	
		KFIT 36.1	Jogging for Fitness	1.5	
				1.5	
		KFIT 37	Introduction to Boot Camp		
			Training	1.5	
		KFIT 37.1	Boot Camp	1.0-2.0	
		KFIT 50	Teaching Aide	1.5	
		KFIT 9	Introduction to Hiking	1.0-1.5	
		KFIT 9.1	Beginning Hiking	1.0-1.5	
		KFIT 9.2	Intermediate Hiking	1.0-1.5	
		KFIT 9.3	Advanced Hiking	1.5	
		KINI 2.1	Beginning Badminton	1.5	
		KINI 2.2	Intermediate Badminton	1.5	

		KINI 2.3	Advanced Badminton	1.5	
		KINI 3.1	Beginning Golf	1.5	
		KINI 3.2	Intermediate Golf	1.0	
		KINI 3.3	Advanced Golf	1.5	
		KINI 4.1	Beginning Tennis	1.5	
		KINI 4.2	Intermediate Tennis	1.5	
		KINI 4.3	Advanced Tennis		
		KINI 79.1	Introduction to Pickleball	1.5	
		KINI 79.2	Intermediate Pickleball	1.5	
		KINI 79.3	Advanced Pickleball	1.0	
		KINT 1.1	Football Passing Game	1.0	
		KINT 2.1	Touch Football	1.5	
		KINT 4	Introduction to Basketball	1.5	
		KINT 4.1	Beginning Basketball	1.5	
		KINT 4.2	Intermediate Basketball	1.5	
		KINT 4.3	Advanced Basketball	1.5	
		KINT 6.1	Beginning Soccer	1.5	
		KINT 6.2	Intermediate Soccer	1.5	
		KINT 7	Introductory Indoor Soccer	1.5	
		KINT 7.1	Indoor Soccer	1.5	
		KINT 7.2	Intermediate Indoor Soccer	1.5	
		KINT 7.3	Advanced Indoor Soccer	1.5	
		KINT 8.1	Beginning Volleyball	1.0	
		KINT 8.2	Intermediate Volleyball		
		KINT 8.3	Advanced Volleyball		
		KINT 9.1	Beginning Outdoor Volleyball		

List A – Select 2 courses (6 units minimum):					
Introduction to Statistics	MATH 110	STAT	Introduction to Statistics	4.00	2A
OR		C1000 OR	OR		
Introduction to Statistics in Sociology	SOCI 125	PSYC 9	Introduction to Behavioral Sciences Statistics	3.00	2A

TRANSFER MODEL CURRICULUM (TMC)		COLLEGE PROGRAM REQUIREMENTS			
Course Title (units)	C-ID Descriptor	Course ID	Course Title	Units	Cal-GETC
Survey of General, Organic, and Biological Chemistry (5) OR General Chemistry for Science Majors I with Lab (5)	AAM OR CHEM 110	CHEM 3A AND CHEM 3AL	General Chemistry Part 1: Lecture AND General Chemistry Part 1: Lab	3.00 2.00	5A, 5C
Algebra/Trigonometry-Based Physics A (4) OR Calculus-Based Physics for Scientists and Engineers: A (4)	PHYS 105 OR PHYS 205	PHYS 20A OR PHYS 40	General Physics Part I OR Classical Mechanics for Scientists and Engineers	4.00 5.00	5A, 5C 5A, 5C
First Aid and CPR (3)	KIN 101				
Introduction to Psychology OR Introduction to Sociology	PSY 110 OR SOCI 110	PSYC C1000 OR SOC 1	Introduction to Psychology OR Introduction to Sociology	3.00 3.00	4I 4J
Personal Health & Wellness	PH 100				
Total Units for the Major:	20	Total Units for the Major:		22-27.5	
		Total Units that may be double-counted (The transfer GE Area limits must not be exceeded)			7 - 10
		General Education (Cal-GETC) Units			34
		Elective Units			5.5-14
		Total Degree Units (maximum)			60