

Transfer Model Curriculum (TMC) Template for Kinesiology

CCC Major or Area of Emphasis: Kinesiology

TOP Code: 1270.00

CSU Major(s): Kinesiology

Total Units: 20 (all units are minimum semester units)

Template # 1008

Rev. 5: 09/01/14

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 TMC. If the course may be double-counted with either CSU-GE or IGETC, 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:

<http://extranet.cccco.edu/Divisions/AcademicAffairs/CurriculumandInstructionUnit/TransferModelCurriculum.aspx>

or the ASSIST website:

http://web1.assist.org/web-assist/help/help-csu_ge.html.

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 TMC at:

<http://www.c-id.net/degreereview.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	GE Area	
					CSU	IGETC
REQUIRED CORE: (14 units)						
Introduction to Kinesiology (3)	KIN 100	KINES 1	Introduction to Kinesiology	3		
Human Anatomy with Lab (4) AND Human Physiology with Lab (4)	BIOL 110B AND BIOL 120B	ANAT 1 AND PHYSIO 1	General Human Anatomy Human Physiology	5 5		5B, 5C 5B, 5C
OR Human Anatomy and Physiology with Lab (8)	OR BIOL 115S					
Movement-Based Courses (3 unit minimum) Select one course maximum from three of the following areas:						
Area 1: Aquatics	AAM	KAQUA 1.1 KAQUA 1.2 KAQUA 2.1 KAQUA 2.3 KAQUA 3.1 KAQUA 4.1 KAQUA 10.1	Beginning Swimming Intermediate Swimming Aquatic Fitness Advanced Aquatic Fitness Aquatic Calisthenics Deep Water Running Beginning Springboard Diving	1.5 1.5 1.5 1.5 1.5 1.5 1.5		

		KAQUA 10.2	Intermediate Springboard Diving	1.5		
		KAQUA 12.1	Beginning Water Polo	1.5		
		KAQUA 12.2	Intermediate Water Polo	1.5		
Area 2: Combatives	AAM	KCOMB 1.1	Tai Chi Chen Style	1.5		
		KCOMB 2.1	Beginning Judo	1		
		KCOMB 2.2	Intermediate Judo	1		
		KCOMB 2.3	Advanced Judo	1		
		KCOMB 3.1	Beginning Karate	1.5		
		KCOMB 3.2	Intermediate Karate	1.5		
		KCOMB 4.1	Beginning Boxing	1.5		
		KCOMB 4.2	Intermediate Boxing	1.5		
		KCOMB 5.1	Beginning Foil Fencing	1.5		
		KCOMB 5.2	Intermediate Foil Fencing	1.5		
		KCOMB 6.1	Beginning Sabre Fencing	1.5		
		KCOMB 6.2	Intermediate Sabre Fencing	1.5		
		KCOMB 7.1	Beginning Epee Fencing	1.5		
		KCOMB 7.2	Intermediate Epee Fencing	1.5		
Area 3: Dance	AAM	DANCE 10.1	Introduction to Dance Movement	1.5		
		DANCE 10.2	Introduction to Dance Genres: Ballet, Modern, Jazz	1.5		
		DANCE 11.1	Ballet I	1.5		
		DANCE 11.2	Ballet II	1.5		
		DANCE 11.3	Ballet III	1.5		
		DANCE 11.4	Ballet IV	1.5		
		DANCE 13.1	Jazz Dance I	1.5		
		DANCE 13.2	Jazz Dance II	1.5		
		DANCE 13.3	Jazz Dance III	1.5		
		DANCE 13.4	Jazz Dance IV	1.5		
		DANCE 14.1	Contemporary Dance I	1.5		
		DANCE 14.2	Contemporary Dance II	1.5		

		DANCE 16.1	Modern Dance I	1.5		
		DANCE 16.2	Modern Dance II	1.5		
		DANCE 16.3	Modern Dance III	1.5		
		DANCE 16.4	Modern Dance IV	1.5		
		DANCE 21.1	Hip Hop/Funk I	1.5		
		DANCE 21.2	Hip Hop/Funk II	1.5		
		DANCE 21.3	Hip Hop/Funk III	1.5		
		DANCE 21.4	Hip Hop/Funk IV	1.5		
		DANCE 37.1	Ballroom Dance I	1.0		
		DANCE 88.1	Latin Dance I	1.0		
		DANCE 88.2	Latin Dance II	1.0		
		DANCE 88.3	Latin Dance III	1.0		
Area 4: Fitness	AAM	KFIT 1.1	Beginning Aerobic Dance	1.5		
		KFIT 1.2	Intermediate Aerobic Dance	1.5		
		KFIT 2.1	Beginning Step Aerobics	1.5		
		KFIT 2.2	Intermediate Step Aerobics	1.5		
		KFIT 3.1	Beginning Body Conditioning	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 Pilates Mat	1.5		
		KFIT 5.1	Beginning Pilates Mat	1.5		
		KFIT 5.2	Intermediate 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 Lifting	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 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 32.1	Beginning Barre Fitness	1.5		
		KFIT 35.1	Walking for Fitness	1.5		
		KFIT 36.1	Jogging for Fitness	1.5		
Area 5: Individual Sports	AAM	KINDV 1.1	Beginning Wrestling	1.5		
		KINDV 1.3	Advanced Wrestling	1.5		
		KINDV 2.1	Beginning Badminton	1.5		
		KINDV 2.2	Intermediate Badminton	1.5		
		KINDV 2.3	Advanced Badminton	1.5		

		KINDV 3.1	Beginning Golf	1.5		
		KINDV 3.2	Intermediate Golf	1.5		
		KINDV 3.3	Advanced Golf	1		
		KINDV 4.1	Beginning Tennis	1.5		
		KINDV 4.2	Intermediate Tennis	1.5		
		KINDV 4.3	Advanced Tennis	1.5		
		KINDV 5.1	Beginning Track & Field	1		
		KINDV 5.2	Intermediate Track & Field	1		
		KINDV 5.3	Advanced Track & Field	1.5		
Area 6: Team Sports	AAM	KTEAM 1.1	Football Passing Game	1		
		KTEAM 2.1	Touch Football	1		
		KTEAM 3.1	Beginning Baseball	1		
		KTEAM 3.2	Intermediate Baseball	1.5		
		KTEAM 4.1	Beginning Basketball	1.5		
		KTEAM 4.2	Intermediate Basketball	1.5		
		KTEAM 4.3	Advanced Basketball	1.5		
		KTEAM 5.1	Softball	1		
		KTEAM 6.1	Beginning Soccer	1.5		
		KTEAM 6.2	Intermediate Soccer	1.5		
		KTEAM 7.1	Indoor Soccer	1.5		
		KTEAM 8.1	Beginning Volleyball	1.5		
		KTEAM 8.2	Intermediate Volleyball	1.5		
		KTEAM 8.3	Advanced Volleyball	1.5		
		KTEAM 9.1	Beginning Outdoor Volleyball	1		
LIST A: Select two (6 units)						
Introduction to Statistics (3) OR Introduction to Statistics in Sociology (3)	MATH 110 OR SOC 125	MATH 15	Elementary Statistics	4.0		2A
Human Biology (4)	AAM	BIO 10	Introduction to Principles of Biology	4.0		5B, 5C
Survey of General, Organic, and Biological Chemistry (5) OR General Chemistry for Science Majors I with Lab (5)	AAM OR CHEM 110	CHEM 3A CHEM 3AL	General Chemistry Part 1: Lecture General Chemistry Part 1: Lab	3 2		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 1 OR Classical Mechanics for Scientists and Engineers	4 5		5A, 5C 5A, 5C
First Aid and CPR (3)	KIN 101					
Total Units for the Major:	20	Total Units for the Major:		24- 27.5		
Total Units that may be double-counted <i>(The transfer GE Area limits must <u>not</u> be exceeded)</i>						7-10
General Education (CSU-GE or IGETC) Units				39		37
Elective (CSU Transferable) Units						2.5-9
Total Degree Units (maximum)						60