

**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](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
<b>REQUIRED CORE: (14 units)</b>						
Introduction to Kinesiology (3)	KIN 100	KIN 1	Introduction to Kinesiology	3		
Human Anatomy with Lab (4) <b>AND</b> Human Physiology with Lab (4)	BIOL 110B <b>AND</b> BIOL 120B	ANAT 1 <b>AND</b> PHYZ 1	General Human Anatomy  Human Physiology	5  5		5B, 5C  5B, 5C
<b>OR</b> Human Anatomy and Physiology with Lab (8)	<b>OR</b> BIOL 115S					
<b>Movement-Based Courses (3 unit minimum)</b> <b>Select one course maximum from three of the following areas:</b>						
<b>Area 1: Aquatics</b>	<b>AAM</b>	KINA 1.1 KINA 1.2 KINA 2.1 KINA 2.3 KINA 3.1 KINA 4.1 KINA 10.1 KINA 10.2	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		

		KINA 12.1 KINA 12.2	Intermediate Springboard Diving  Beginning Water Polo  Intermediate Water Polo	1.5  1.5  1.5		
<b>Area 2: Combatives</b>	<b>AAM</b>	KINC 1.1 KINC 2.1 KINC 2.2 KINC 2.3 KINC 3.1 KINC 3.2 KINC 4.1 KINC 4.2 KINC 5.1 KINC 5.2 KINC 6.1 KINC 6.2 KINC 7.1 KINC 7.2	Tai Chi Chen Style Beginning Judo Intermediate Judo Advanced Judo Beginning Karate Intermediate Karate Beginning Boxing Intermediate Boxing Beginning Foil Fencing Intermediate Foil Fencing Beginning Sabre Fencing Intermediate Sabre Fencing Beginning Epee Fencing Intermediate Epee Fencing	1.5 1 1 1 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5		
<b>Area 3: Dance</b>	<b>AAM</b>	DANC 10.1 DANC 10.2  DANC 11.1 DANC 11.2 DANC 11.3 DANC 11.4 DANC 13.1 DANC 13.2 DANC 13.3 DANC 13.4 DANC 14.1 DANC 14.2 DANC 16.1 DANC 16.2 DANC 16.3 DANC 16.4 DANC 21.1 DANC 21.2 DANC 21.3 DANC 21.4 DANC 37.1 DANC 88.1 DANC 88.2 DANC 88.3	Introduction to Dance Movement Introduction to Dance Genres: Ballet, Modern, Jazz  Ballet I Ballet II Ballet III Ballet IV Jazz Dance I Jazz Dance II Jazz Dance III Jazz Dance IV Contemporary Dance I Contemporary Dance II Modern Dance I Modern Dance II Modern Dance III Modern Dance IV Hip Hop/Funk I Hip Hop/Funk II Hip Hop/Funk III Hip Hop/Funk IV Ballroom Dance I Latin Dance I Latin Dance II Latin Dance III	1.5 1.5  1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.0 1.0 1.0 1.0		
<b>Area 4: Fitness</b>	<b>AAM</b>	KFIT 1.1 KFIT 1.2 KFIT 2.1 KFIT 2.2 KFIT 3.1 KFIT 3.2 KFIT 3.3 KFIT 4.1 KFIT 5 KFIT 5.1 KFIT 5.2 KFIT 5.3 KFIT 6 KFIT 6.1	Beginning Aerobic Dance Intermediate Aerobic Dance Beginning Step Aerobics Intermediate Step Aerobics Beginning Body Conditioning Intermediate Body Conditioning Advanced Body Conditioning Body Mechanics Introduction Pilates Mat Beginning Pilates Mat Intermediate Pilates Mat Advanced Pilates Mat Introduction to Yoga Beginning Yoga	1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5		

		KFIT 6.2	Intermediate Yoga	1.5		
		KFIT 6.3	Advanced 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		
<b>Area 5: Individual Sports</b>	<b>AAM</b>	KINDI 1.1	Beginning Wrestling	1.5		
		KINDI 1.3	Advanced Wrestling	1.5		
		KINDI 2.1	Beginning Badminton	1.5		
		KINDI 2.2	Intermediate Badminton	1.5		
		KINDI 2.3	Advanced Badminton	1.5		
		KINDI 3.1	Beginning Golf	1.5		
		KINDI 3.2	Intermediate Golf	1.5		
		KINDI 3.3	Advanced Golf	1		
		KINDI 4.1	Beginning Tennis	1.5		
		KINDI 4.2	Intermediate Tennis	1.5		
		KINDI 4.3	Advanced Tennis	1.5		
		KINDI 5.1	Beginning Track & Field	1		
		KINDI 5.2	Intermediate Track & Field	1		
		KINDI 5.3	Advanced Track & Field	1.5		
<b>Area 6: Team Sports</b>	<b>AAM</b>	KINT 1.1	Football Passing Game	1		
		KINT 2.1	Touch Football	1		
		KINT 3.1	Beginning Baseball	1		
		KINT 3.2	Intermediate Baseball	1.5		
		KINT 4.1	Beginning Basketball	1.5		
		KINT 4.2	Intermediate Basketball	1.5		
		KINT 4.3	Advanced Basketball	1.5		
		KINT 5.1	Softball	1		
		KINT 6.1	Beginning Soccer	1.5		
		KINT 6.2	Intermediate Soccer	1.5		
		KINT 7.1	Indoor Soccer	1.5		
		KINT 8.1	Beginning Volleyball	1.5		
		KINT 8.2	Intermediate Volleyball	1.5		
		KINT 8.3	Advanced Volleyball	1.5		
		KINT 9.1	Beginning Outdoor Volleyball	1		
<b>LIST A: Select two (6 units)</b>						
Introduction to Statistics (3) <b>OR</b> Introduction to Statistics in Sociology (3)	MATH 110 <b>OR</b> SOC 125	MATH 15	Elementary Statistics	4.0		2A
Human Biology (4)	<b>AAM</b>	BIO 10	Introduction to Principles of Biology	4.0	B2, B3	5B, 5C
Survey of General, Organic, and Biological Chemistry (5) <b>OR</b>	<b>AAM</b> <b>OR</b> CHEM 110	CHEM 3A		3		

General Chemistry for Science Majors I with Lab (5)		CHEM 3AL	General Chemistry Part 1: Lecture General Chemistry Part 1: Lab	2		5A, 5C
Algebra/Trigonometry-Based Physics A (4) <b>OR</b> Calculus-Based Physics for Scientists and Engineers: A (4)	PHYS 105 <b>OR</b> PHYS 205	PHYS 20 AND PHYS 20L OR PHYS 40	General Physics Lecture Part 1  General Physics Lab Part 1 OR Classical Mechanics for Scientists and Engineers	3  1  5		5A,  5C  5A, 5C
First Aid and CPR (3)	KIN 101					
<b>Total Units for the Major:</b>	<b>20</b>	<b>Total Units for the Major:</b>		24- 27.5		
<b>Total Units that may be double-counted</b> <i>(The transfer GE Area limits must not be exceeded)</i>						7-10
<b>General Education (CSU-GE or IGETC) Units</b>				<b>39</b>		<b>37</b>
<b>Elective (CSU Transferable) Units</b>						2.5-9
<b>Total Degree Units (maximum)</b>						<b>60</b>