



## Transfer Model Curriculum Template for Kinesiology

**Approval Dates:** June 15, 2011; January 4, 2012; November 1, 2013;  
May 6, 2014; May 2, 2022; November 8, 2023 (Cal-GETC Compliance)

**CCC Associate Degree for Transfer Major or Area of Emphasis:** Kinesiology

**CSU Majors deemed similar:** Kinesiology

**Degree Type:** AA-T

**CCC Associate Degree for Transfer Major or Area of Emphasis:** 20

### COURSES

**Required Core (14 units minimum):**

| Title  | C-ID Designation or other Justification | C-ID Units (or sample units) | Proposed Cal-GETC Area for double counting |
|--|---|------------------------------|--|
| Introduction to Kinesiology  | KIN 100                                 | 3                            |  |
| Human Anatomy with Lab <b>and</b>  | BIOL 110B                               | 4                            | 5B/5C                                      |
| Human Physiology with Lab  | BIOL 120B                               | 4                            | 5B/5C                                      |
| <b>OR</b> Human Anatomy and Physiology with Lab  | BIOL 115S                               | 8                            | 5B/5C                                      |
| Movement Based Courses<br>Select a maximum of one (1) course from any three (3) of the following areas for a minimum of three units:<br>Aquatics, Combatives, Team Sports, Individual Sports, Fitness, Dance | AAM                                     | 3                            |  |

**List A – Select 2 courses (6 units minimum):**

| Title  | C-ID Designation or other Justification | C-ID Units (or sample units) | Proposed Cal-GETC Area for double counting |
|--|---|------------------------------|--|
| Introduction to Statistics<br><b>OR</b> Introduction to Statistics in Sociology                                    | MATH 110<br>SOCI 125                    | 3<br>3                       | 2<br>2                                     |
| General Chemistry for Science Majors I, with Lab<br><b>OR</b> Survey of General, Organic, and Biological Chemistry | CHEM 110<br>AAM                         | 5<br>5                       | 5A/5C<br>5A/5C                             |
| Algebra/Trigonometry-Based Physics<br><b>OR</b> Calculus-Based Physics for Scientists and Engineers: A             | PHYS 105<br>PHYS 205                    | 4<br>4                       | 5A/5C<br>5A/5C                             |
| First Aid and CPR  | KIN 101                                 | 3                            |  |
| Introduction to Psychology   | PSY 110                                 | 3                            | 4  |
| <b>OR</b> Introduction to Sociology  | SOCI 110                                | 3                            | 4  |
| Personal Health & Wellness   | PH 100                                  | 3                            |  |

|                          |            |
|--------------------------|------------|
| <b>TOTAL MAJOR UNITS</b> | <b>20*</b> |
| Cal-GETC Requirements    | 34         |
| Double Counting GE       | -          |
| Elective                 | -          |
| <b>Total Units</b>       | <b>60</b>  |

*\* All units are based on the semester and indicated minimum units. The major must be a minimum of 18 semester units.*

**NOTES AND HISTORY****TMC Update and Revision History**

Originally review and finalized, June 15, 2011.

Updated January 4, 2012 – formatting changes, removal of references to descriptors that will not be developed.

Updated May 6, 2014 – clarifications requiring required articulation incorporated; removal of reference to CHEM 103 (draft; Survey of General, Organic, and Biological Chemistry) and addition of an example; replacement of TCSU Human Biology description with a CCC course example.

FDRG Proposed Revisions April 9, 2020 – removal of Human Biology in the core; added three additional course options to List A: PSYCH 110, SOC 110, and PHS 100.

The Kinesiology FDRG recommends that colleges review their course descriptors for KIN 100 and KIN 101 to ensure their outline includes the clarifying language.

## COURSE DESCRIPTIONS

### **Introductory Psychology**

Psychology is the scientific study of behavior and mental processes. The content focuses on the exploration of major psychological theories and concepts, methods, and research findings in psychology. Topics include the biological bases of behavior, perception, cognition and consciousness, learning, memory, emotion, motivation, development, personality, social psychology, psychological disorders and therapeutic approaches, and applied psychology.

### **Introduction to Sociology**

An introductory study of the basic concepts, theoretical approaches, and methods of sociology. Topics typically include the analysis and explanation of social structure, group dynamics, socialization and the self, social stratification, culture and diversity, social change, and global dynamics. Course objectives include the ability to apply sociological ideas to everyday life.

### **Personal Health and Wellness**

This course focuses on the exploration of major health issues and behaviors in the various dimensions of health. Emphasis is placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards and safety.

### **Summary of Feedback including issues and concerns:**

Overall, feedback was positive that the Kinesiology TMC meets the broad scope of needs at both the CCC and CSU levels. Because many CSUs have different requirements for foundational classes (anatomy and physiology), comments often relate to adding or removing units to address individual campus needs. Counselors should advise students, particularly with combined lab/lecture classes when considering the 60-unit limit for the TMC.

Human biology was removed from List A. Physics was discussed for possible inclusion but rejected as this course is often only required for one of the concentration areas within kinesiology.

Consistent with previous comments, respondents both affirmed the importance of requiring activity-based courses as part of the formal education of kinesiology majors, while remaining mindful of the challenge to keep total unit requirements within a set range.

Feedback consistently asks for more options within List A to accommodate the breadth of our discipline so additional courses were added; all three of these courses have a C-ID number and descriptor. **ADDED TO LIST A OPTIONS: Introduction to Psychology (PSYCH 110) OR Introduction to Sociology (SOC 110), and Personal Health & Wellness (PHS 100).** Lower division coursework for the kinesiology major is primarily comprised of science-based curriculum. While more CSUs are requiring a health or nutrition class, the addition of a personal health and wellness class as an option addresses the need for more courses within the discipline. As a few of the concentrations within the major move to a masters-degree entry point, it will be important for CCC and CSU kinesiology faculty to continue collaborative efforts to develop C-ID course descriptors for lower division courses and relevant topics such as sport sciences and physical education teacher education.

When selecting TMC electives, the student should enroll in courses that will fulfill the appropriate Kinesiology Degree Option at the intended CSU in order to complete the Bachelor's

Degree. The student's chosen Kinesiology Degree Option at the Community College may not meet the TMC requirements of the intended CSU.

Based on feedback, the FDRG made revisions for KIN-100 and KIN-101 descriptors to include clarifying language and correction of grammar issues. For the KIN-100 descriptor, the list of career pathways was clarified and will be reviewed as the kinesiology discipline evolves. Including a lab component in the KIN-100 descriptor was discussed but not approved as only a few campuses have access to lab facilities for this aspect. For the KIN-101 descriptor, the current content, scope, and sequence of first aid, CPR and AED, and health/safety factors will be reviewed for alignment with unit value. We strongly recommend that all colleges review their course outlines in light of the clarifying changes to both descriptors.