

California Community Colleges are now offering Associate Degrees for Transfer (ADT's) to the CSU. These may include Associate in Arts (AA-T) or Associate in Science (AS-T) degrees. These degrees are designed to provide a clear pathway to a CSU major and baccalaureate degree. California Community College students who are awarded an AA-T or AS-T degree are guaranteed admission with junior standing somewhere in the CSU system and given priority admission consideration to their local CSU campus or to a program that is deemed similar to their community college major. This priority does not guarantee admission to specific majors or campuses. Students who have been awarded an AA-T or AS-T are able to complete their remaining requirements for the 120-unit baccalaureate degree within 60 semester or 90 quarter units. To view the most current list of Norco College Associate Degrees for Transfer and to find out which CSU campuses accept each degree, please go to:

www.calstate.edu/transfer/adt-search/search.shtml

Students are encouraged to meet with a Norco College counselor to review their options for transfer and to develop an educational plan that best meets their goals and needs.

2026-2027

**KINESIOLOGY
(Cal-GETC) NAA891**

This degree is designed to facilitate the student's passage from Norco College to the California State University System with an Associate in Arts in Kinesiology for Transfer Degree. This degree will satisfy the lower division requirements for the eventual conferral of the Bachelor's Degree in Kinesiology. With this degree the student will be prepared for transfer to the university upper division level.

Required Courses: (20-23 units)

Units

KIN-10	Introduction to Kinesiology	3
BIO-50A*	Anatomy and Physiology I	4
BIO-50B*	Anatomy and Physiology II	4
Movement-Based Courses	Select one course from each area below	3
List A	Select two courses from the list below	6-9

Movement-Based Courses (minimum 3 units)

Units

Select one course from Combatives, one course from Fitness, and one course from Team Sports:

Combatives:

KIN-A40	Karate, Beginning	1
KIN-A41	Karate, Intermediate	1
KIN-A43	T'ai-chi Ch'uan, Beginning	1
KIN-A44	T'ai-chi Ch'uan, Intermediate	1

Fitness:

KIN-A46	Yoga, Beginning	1
KIN-A47	Yoga, Intermediate	1
KIN-A75A	Walking for Fitness: Beginning	1
KIN-A75B	Walking for Fitness: Intermediate	1
KIN-A77A	Jogging for Fitness, Beginning	1
KIN-A77B	Jogging for Fitness, Intermediate	1
KIN-A81A	Cardio and Strength Training, Beginning	1
KIN-A81B	Cardio and Strength Training, Intermed.	1
KIN-A83	Kickboxing Aerobics	1
KIN-A89A	Beginning Body Sculpting	1
KIN-A89B	Intermediate Body Sculpting	1

Team Sports:

KIN-A62	Flag Football	1
KIN-A64A	Soccer, Beginning	1
KIN-A64B	Soccer, Intermediate	1

List A: Select two courses (6-9 units)

Units

CHE-1A*	General Chemistry, I	5
KIN-30	First Aid and CPR	3
KIN-36	Wellness: Lifestyle Choices	3
STAT-C1000*/C1000H*	Introduction to Statistics/Honors	4
OR		
PSYC/SOC-48*	Statistics for the Behavioral Sciences	4
PHY-2A*	General Physics I	4
OR		
PHY-4A*	Mechanics	4
PSYC-C1000*/C1000H*	Introduction to Psychology/Honors	3
OR		
SOC-1*/1H*	Introduction to Sociology/Honors	3

*Courses may also be used to fulfill general education requirements for the Cal-GETC pattern, please confer with a counselor.

Associate in Arts for Transfer Degree

The Associate in Arts in Kinesiology for Transfer degree will be awarded upon completion of 60 California State University (CSU) transferable units including the above major requirements and the California General Education Transfer Curriculum (Cal-GETC) requirements with a minimum grade point average of 2.0. All courses in the major must be completed with a grade of "C" (or "P") or better.