

Kinesiology

Kinesiology AA Degree

The term kinesiology means the study of movement and the associate of arts degree program emphasizes major preparation courses for students seeking transfer to a four-year university. Students entering the field of kinesiology can look forward to career prospects in the areas of fitness, health and wellness, athletic training, exercise science, education/coaching, and sports administration.

Students who have selected the particular four-year college to which they wish to transfer should use the catalog of that institution as the principle guide for determining additional coursework.

Program student learning outcomes:

1. Students will identify the structure and function of the human body as it relates to physical activity.
2. Students will identify the theoretical framework used in sports and exercise.
3. Students will identify safety measures in various physical activities.
4. Students will identify, describe, or demonstrate a specific sports skill.
5. Students will demonstrate proper exercise skills.
6. Students will identify or describe the rules of a specific sport.

Students must fulfill the following requirements to qualify for an Associate Degree:

- Complete the Local General Education, CSU General Education (CSUGE) or Intersegmental General Education Transfer Curriculum (IGETC) requirements,
- Complete a minimum of 18 additional units from the major list below,
- Complete electives to reach a total of 60-degree applicable units,
- Earn a grade of C or better in each major course,
- Maintain a minimum cumulative G.P.A. of 2.00, and
- Complete the English and math proficiency requirements with a C or better

| <i>Course #</i> | <i>Title</i> | <i>Units</i> |
|---|--|--------------|
| Required Core Courses (20 Units) | | |
| BIO 032 | Human Anatomy | 4 |
| BIO 035 | Human Physiology | 4 |
| KINES 001 .. | Introduction to Kinesiology | 3 |
| KINES 046 .. | Care and Prevention of Athletic Injuries | 3 |
| NUT 001 . . . | Basic Nutrition | 3 |
| PSYCH 029 . | Introduction to Sport & Exercise Psychology | 3 |
| Plus 1 Units from courses below: | | |
| PE 006 | Body Conditioning | 1 |
| PE 011 | Golf | 1 |
| PE 020 | Tennis | 1 |
| PE 021A | Introductory Fitness Lab | 1 |
| PE 021B | Beginning Fitness Lab | 1 |
| PE 021C | Intermediate Fitness Lab | 1 |
| PE 021D | Advanced Fitness Lab | 1 |
| PE 023 | Weight Training | 1 |
| PE 024 | Circuit Training | 0.5 - 1 |
| PE 025A | Introductory Soccer | 1 |
| | Total Major Units. | 21 |
| | Total Units that may be double-counted towards GE Units. | |
| | General Education (GE) Units. | |
| | Elective Units (As needed to reach 60 units). | |
| | Total Degree Units | 60 |