

# Kinesiology

## Kinesiology AA-T

The Kinesiology curriculum is designed to provide the opportunity to achieve an associate degree in the student's area of specialization. While a baccalaureate degree is recommended preparation for those considering professional careers in this field, the completion of this suggested program will demonstrate commitment to the field, and provide comprehensive preparation for upper division work.

### Program Student Learning Outcomes

Upon completion of the program, students will be able to:

- demonstrate knowledge of major muscle groups and joint movements as they pertain to common demonstrations of human performance.
- demonstrate the proper technique for performing exercises essential to improving general fitness levels.
- understand the connection between proper nutrition and improved athletic performance.
- understand and demonstrate how healthy mental functioning impacts athletic performance.
- select and implement field tests necessary for fitness assessment.

### Associate Degree for Transfer requirements (pursuant to SB 1440):

- Complete a minimum of 18 semester units in a major or area of emphasis
- Complete IGETC or CSU General Education – Breadth requirements
- Complete total of 60 CSU transferable semester units
- Complete all required courses for the major or area of emphasis with a “C” or better
- Obtain an overall minimum grade point average of 2.0

Course #	Title	Units
<b>Required Core Courses</b>		
KINES-001.....	Introduction to Kinesiology .....	
BIO-032.....	Human Anatomy .....	
BIO-035.....	Human Physiology .....	
	PE Activity Course Select any three courses from list:	
	PE 002, 011, 016, 023, 025A.....	
<b>Choose 8-9 Units from below</b>		
MATH-025.....	Introduction to Statistics.....	4
PHYS-002.....	Mechanics & Thermodynamics.....	4
	Total.....	22
	CSU-GE-B or IGETC requirements (allowing double counting).....	37-39
	CSU Transferable Electives.....	0-1
	<b>Total .....</b>	<b>60</b>

*This is a **recommended sequence** of courses for timely completion of this program. Entry in to transfer level English and math is required to follow this recommended sequence. Please see your counselor to formalize your personalized educational plan or for alternative planning.*

SEMESTER 1	SEMESTER 2	SEMESTER 3	SEMESTER 4
BIO-032.....	BIO-035.....	CHEM-001A or	PE-025A.....
KINES-001.....	PE-006, 007, 008, 016, 021,	PHYS-002A..... 4	HIST-017A or 017B..... 3
PE-002, 003, 011, 018..... 1	023..... 1	POLSCI-1.....	AREA-C1/2..... 3
ENG-001A.....	AREA-A3..... 3	AREA-C1..... 3	AREA-D..... 33
MATH-025.....	COM-001 or 004..... 3	AREA-C2..... 3	ELECTIVE-001-049..... 5
	KINES-048.....	ELECTIVE-001-049..... 3	
	<b>14</b>	<b>15</b>	<b>16</b>

## Kinesiology AA

The Kinesiology curriculum is designed to provide the opportunity to achieve an associate degree in the student’s area of specialization, while a baccalaureate degree is recommended preparation for those considering professional careers in this field, the completion of this suggested program will demonstrate commitment to the field and provide comprehensive preparation for upper division work.

### Program Student Learning Outcomes

Upon completion of the program, students will be able to:

- demonstrate knowledge of major muscle groups and joint movements as they pertain to common demonstrations of human performance.
- demonstrate the proper technique for performing exercises essential to improving general fitness levels.
- understand the connection between proper nutrition and improved athletic performance.
- understand and demonstrate how healthy mental functioning impacts athletic performance.
- select and implement field tests necessary for fitness assessment.

### Associate Degree Requirements:

- Complete a minimum of 18 semester units in a major or area of emphasis
- Complete Local General Education and District requirements
- Complete elective units for total of 60 degree applicable semester units
- Complete all required courses for the major or area of emphasis, English, and math with a “C” or better
- Obtain an overall minimum grade point average of 2.0

Course #	Title	Units
<b>Required Core Courses</b>		
BIO-032.....	Human Anatomy.....	
BIO-035.....	Human Physiology.....	
NUT-001.....	Basic Nutrition.....	
HE-035.....	Personal Health & Hygiene.....	
KINES-002.....	Introduction to Sport & Exercise Psychology .....	
PSYCH-029.....	<b>Introduction to Sport &amp; Exercise Psychology</b>	3
.....		
KINES-001.....	<b>Introduction to Kinesiology</b>	
.....		
PE.....	<b>(Activity Courses)</b>	2
.....		
<b>Total .....</b>		<b>19</b>

*This is a recommended sequence of courses for timely completion of this program. Entry in to transfer level English and math required to follow this recommended sequence. Please see your counselor to formalize your personalized educational plan or for alternative planning.*

SEMESTER 1	SEMESTER 2	SEMESTER 3	SEMESTER 4
KINES-001.....	BIO-032.....	BIO-035.....	ELECTIVE-001-049..... 15
HE-035 or NUT-001..... 3	KINES-002 or PSYCH-029 3	ELECTIVE-001-049..... 11	15
PE-ACTIVITY..... 2	AREA-C..... 3	15	
ENG-001A.....	AREA-D..... 3		
MATH-025.....	ELECTIVE-001-049..... 2		
15	15		