

Kinesiology

Award Type: Associate in Arts

The associate degree in kinesiology prepares students to move into a curriculum in a four-year institution to pursue a baccalaureate degree in such areas as exercise physiology, kinesiology, physical therapy, and teaching. The physical educator with a baccalaureate degree is prepared to enter graduate or professional programs of specialized study such as adapted physical education, coaching, exercise physiology, physical therapy, and education.

The graduate of the Associate in Arts in Kinesiology will:

- Demonstrate and evaluate the factors that contribute to a healthy lifestyle and contribute to the prevention of the adult related diseases such as diabetes, obesity, and cardiovascular disease.
- Synthesize health education information and apply principles of exercise in order to improve personal wellness and longevity.
- Acquire program specific information from various sources with which to better appreciate, analyze, and communicate in different situations, involving diverse individuals and viewpoints.

Program Requirements

A major of 21 units is required for the degree.

Required core courses (15 units):

Course Number	Course Title	Units
BIOL 124	Human Anatomy	4.0
BIOL 125	Human Physiology	4.0
HED 100	Health and Wellness	3.0
PE 100	Introduction to Kinesiology	3.0

Plus a minimum of 1 unit selected from the PE (physical education) or PEIA (Physical Education Intercollegiate Athletics) discipline.

Plus a minimum of 6 units selected from the following:

Course Number	Course Title	Units
ATH 104	Care and Prevention of Athletic Injuries	3.0
ATH 106	Orthopedic Injury Assess/Rehab	4.0
FSN 110	Nutrition Science	3.0
PE 106	Sports Officiating	3.0
PE 128	Sport Psychology	3.0
PE 129	First Aid-CPR: Educator/Coach	1.0
REC 101	Intro to Recreation Management	3.0
REC 105	Program Planning for Recreation	3.0
REC 107	Recreational Sports Programming	3.0