

KINESIOLOGY (AS.KIN)

ASSOCIATE OF SCIENCE

Program Outcomes: Upon successful completion of this program a student will be able to:

- demonstrate competence in performing a variety of physical education activity related skills.
- describe health and physical activity concepts that will enable him or her to make informed decisions concerning health.
- demonstrate sensitivity to physical diversity, understand the similarities and contrasts among different cultures and recognize health issues.
- explain the value and significance of physical activity for human development, human interaction and quality of life and its relationship to their individual health.

Required Major Courses (16 units)

HED-6 – Multicultural Health Beliefs	3.0
NUTR-1 – Nutrition	3.0
PETH-1 – Introduction to Kinesiology	3.0
PETH-2 – Care and Prevention of Athletic Injuries	4.0
PSY-2 – General Psychology	3.0

Required Major Courses (Complete 4-5 units)

BIO-5 – Human Anatomy	4.0
BIO-6 and BIO-6L – Introductory Physiology	5.0
BIO-11 – Introductory Human Anatomy and Physiology	4.0

Required Major Courses (Complete 4 units)

CHM-22 – The Science of Chemistry	4.0
PHY-2A – College Physics I	4.0
PHY-10 – Introduction to Physics	4.0

Major Electives (Select a minimum of 6 units from at least 2 of the following activities)

- RACQUET ACTIVITIES (TENNIS)
 - PEAC – 58, 59
- AQUATIC ACTIVITIES
 - PEAC – 42, 44, 61, 62, 63, 68
- TEAM ACTIVITIES (TEAM ACTIVITIES)
 - PEAC – 40, 41, 52, 55, 56, 70, 72, 74
 - PEIN – 17, 19, 20, 21, 22, 23, 24, 25, 26
- FITNESS ACTIVITIES (FITNESS ACTIVITIES)
 - PEAC – 32, 36, 43, 46, 47, 49, 50, 51, 56, 66, 69

Major Electives (Complete 1 course 2-3 units)

PETH – 3, 4, 5, 10A, 10B, 10C, 10D

Recommended Major Electives (Select from list, none required.)

*Required for AA-T KIN degree ** Required for athletic transfer participates

*BIO-5, *BIO-6, *BIO-6L, **ENG-2, *HED-55, PETH-3, PETH-4

SUBTOTAL: 32-34 UNITS

General Education – Required Courses

Students must complete one of the following General Education Plans:

HCCD GE (see page 59) *MAT-123 or higher*

- Natural Sciences Social & Behavioral Sciences Humanities
- Ethnic Groups in the US Language and Rationality

SUBTOTAL: 21 UNITS

Students can double-count required courses and courses for General Education

■ **Electives (Courses Numbered 1-199) required when degree units plus GE units total fewer than 60.**

TOTAL: 60 UNITS