PHYSICAL EDUCATION—KINESIOLOGY—ASSOCIATE OF SCIENCE DEGREE

PROGRAM DESCRIPTION
The Physical Education, Kinesiology, Health and Athletics program provides formalized educational opportunities for the development and acquisition of motor skills, improved physical fitness and their application to sports and physical activities. This Associate of Science Degree covers a broad knowledge base that represents several disciplines that include traditional physical education, exercise science, athletic training, coaching, and health science. The Health Education Program provides the student with the knowledge and skills to develop a healthy lifestyle. The Adaptive Physical Education Program parallels the concepts and programs of the Physical Education and Kinesiology discipline includes a broad range of movement skills specifically designed for the special needs individual, with the objective of making a noticeable difference in their daily lives. These programs help prepare students to transfer as Physical Education and Kinesiology majors to four-year institutions.

Four-year graduates in Physical Education and Kinesiology are qualified for positions in coaching, education, industry wellness centers and allied medical fields.

PROGRAM OUTCOMES
Upon successful completion of the Kinesiology/Physical Education, Health and Athletics program, a student should be able to:

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