Kinesiology focuses on the anatomy, physiology, biochemistry, and biophysics of human movement, and applications to exercise and therapeutic rehabilitation. Includes instruction in biomechanics, motor behavior, motor development and coordination, motor neurophysiology, performance research, rehabilitative therapies, the development of diagnostic and rehabilitative methods and equipment, and related analytical methods and procedures in applied exercise and therapeutic rehabilitation.¹ The Associate in Arts in Kinesiology for Transfer Degree provides formalized educational opportunities for the development and acquisition of motor skills, improved physical fitness and their application to sports and physical activities. The curriculum covers a broad knowledge base that serves the diverse needs of students who wish to obtain an in-depth understanding of the field while providing a clear pathway to students who wish to transfer to a CSU campus. Baccalaureate programs may include, but are not limited to, exercise science, health promotion, physical education, therapeutic exercise & rehabilitation, and exercise & movement science.

Degree Options at Hartnell:

Associate in Arts in Kinesiology for Transfer Degree (AA-T)

Overview

Related Careers

- Exercise Physiologist
- Physical Therapist
- Sports Physiologist
- Exercise Specialist
- Health Consultant
- Nutritionist/Registered Dietitian
- Occupational Therapist
- Personal Trainer
- Recreation Director
- Sports Coach
- Physical Education Teacher
- Emergency Medical Technician
- Massage Therapist

Related Skills

- Analysis and comparison of information
- Assessment
- Counseling, training
- Diagnosing, troubleshooting
- Evaluating performance
- Oral and written communication
- Instruction
- Innovative
- Interpersonal skills
- Organizing
- Planning, decision making
- Research
- Supervising
- Service orientation

¹ http://www.cacareerzone.org/majors/detail/31.0505