# 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, 46, 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**

**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**