

KINESIOLOGY

PROGRAMS

- Associate in Arts for Transfer (A.A.-T)
- Associate of Science (A.S.)



**HARTNELL
COLLEGE**

DESCRIPTION

The Physical Education, Kinesiology, Health, and Athletics department provides formal 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. These courses help prepare students to transfer as Physical Education and Kinesiology majors to four-year institutions.

The Physical Education and Kinesiology program offers an AA-T degree (Associate in Arts for transfer in Kinesiology). The AA-T provides a clearly articulated curriculum for students who wish to transfer to baccalaureate degree programs at California State University (CSU) campuses.

The department also offers the AS degree (Associate of Science in Kinesiology). This degree is ideal for student-athletes and students transferring out of state or to private institutions.

Baccalaureate programs in Physical Education and Kinesiology include a wide array of specialties including but not limited to: coaching, education, athletic training, industry wellness centers and allied medical fields (Physical Therapy, Occupational Therapy, etc.). The preparation for different specialties will vary. For detailed requirements for individual programs at four-year institutions, students should contact the transfer institution and/or meet with a counselor for specific transfer course requirements in their major.

LEADS TO CAREER OPPORTUNITIES SUCH AS:

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

TRANSFER PREPARATION

Courses that fulfill major requirements for an associate degree may differ from those needed to prepare for transfer. Students who plan to transfer to a four-year college or university should schedule an appointment with a Hartnell College counselor to develop a student education plan before beginning their program.

TRANSFER RESOURCES

www.ASSIST.org – CSU and UC Articulation Agreements and Major Search Engine

CSU System Information - <http://www2.calstate.edu>

FINANCIAL AID

Paying for the cost of a college education requires a partnership among parents, students and the college. As the cost of higher education continues to rise we want you to know that Hartnell College offers a full array of financial aid programs, federal loan programs, and fee waivers.

<https://www.hartnell.edu/students/fa/net-price-calculator.html>

KINESIOLOGY (AAT.KIN)

ASSOCIATE IN ARTS FOR TRANSFER

Program Outcomes: Upon successful completion of this program a student will 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, understand 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.

Required Major Courses (12 units)

<input type="checkbox"/> BIO-5 – Human Anatomy	4.0
<input type="checkbox"/> BIO-6 – Introductory Physiology	3.0
<input type="checkbox"/> BIO-6L – Physiology Lab	2.0
<input type="checkbox"/> PETH-1 – Introduction to Kinesiology	3.0

Major Movement Courses: Select (1) course from any (3) of the following areas for a Minimum of 3 units.

<input type="checkbox"/> AQUATICS – PEAC-42, 44, 61, 68	1.5
<input type="checkbox"/> COMBATIVES – PEAC-56	2.0
<input type="checkbox"/> FITNESS – PEAC-32, 36, 40, 43, 46, 47, 49, 50, 51, 66, 69	0.5-2.0
<input type="checkbox"/> INDIVIDUAL SPORTS – PEAC-58, 59, 64	1.0-1.5
<input type="checkbox"/> TEAM SPORT – PEAC-41, 52, 55, 70, 72	1.5

Major Electives (Complete 7-8 units)

<input type="checkbox"/> MAT-13 – Elementary Statistics	4.0
<input type="checkbox"/> CHM-1A – General Chemistry	5.0
<input type="checkbox"/> HED-55 – Health Education – Advanced First Aid	3.0
<input type="checkbox"/> PHY-2A – College Physics I	4.0
OR	
<input type="checkbox"/> PHY-4A – General Physics/Mechanics I	4.0

SUBTOTAL: 22-23 UNITS

General Education – Required Courses

Students must complete one of the following General Education Plans:

CSU-GE (see page 72) 39 units

IGETC (see page 74) 37 units

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

■ Electives (Courses Numbered 1-99) required when degree units plus GE units total fewer than 60.



**A Degree With A
Guarantee.com**
*Associate Degree
for Transfer*

In order to earn this degree, students must complete the Associate Degree for Transfer Requirements:

1. Completion of 60 semester units or 90 quarter units that are eligible for transfer to the California State University, including both of the following:
 - a. The Intersegmental General Education Transfer Curriculum (IGETC) or the California State University GE – Breadth Requirements (CSU GE-Breadth).
 - b. A minimum of 18 semester units or 27 quarter units in a major or area of emphasis, as determined by the community college district.
2. Obtainment of a minimum grade point average of 2.0

ADTs include (AA-T) and (AS-T) degrees. The law authorizing these degrees also requires that students must earn a “C” or better in all courses required for the major or area of emphasis. A “P” (Pass) grade is also an acceptable grade for courses in the major if the course is taken on a Pass/No Pass basis.

TOTAL: 60 UNITS

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)

- | | |
|--|-----|
| <input type="checkbox"/> HED-6 – Multicultural Health Beliefs | 3.0 |
| <input type="checkbox"/> NUTR-1 – Nutrition | 3.0 |
| <input type="checkbox"/> PETH-1 – Introduction to Kinesiology | 3.0 |
| <input type="checkbox"/> PETH-2 – Care and Prevention of Athletic Injuries | 4.0 |
| <input type="checkbox"/> PSY-2 – General Psychology | 3.0 |

Required Major Courses (Complete 4-5 units)

- | | |
|---|-----|
| <input type="checkbox"/> BIO-5 – Human Anatomy | 4.0 |
| <input type="checkbox"/> BIO-6 and BIO-6L – Introductory Physiology | 5.0 |
| <input type="checkbox"/> BIO-11 – Introductory Human Anatomy and Physiology | 4.0 |

Required Major Courses (Complete 4 units)

- | | |
|--|-----|
| <input type="checkbox"/> CHM-22 – The Science of Chemistry | 4.0 |
| <input type="checkbox"/> PHY-2A – College Physics I | 4.0 |
| <input type="checkbox"/> 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 – 27, 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

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

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

- *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 68) MAT-126 or higher

- | | | |
|--|---|-------------------------------------|
| <input type="checkbox"/> Natural Sciences | <input type="checkbox"/> Social & Behavioral Sciences | <input type="checkbox"/> Humanities |
| <input type="checkbox"/> Ethnic Groups in the US | <input type="checkbox"/> 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