KINESIOLOGY

PROGRAMS

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

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)

<table>
<thead>
<tr>
<th>Course</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIO-5 – Human Anatomy</td>
<td>4.0</td>
</tr>
<tr>
<td>BIO-6 – Introductory Physiology</td>
<td>3.0</td>
</tr>
<tr>
<td>BIO-6L – Physiology Lab</td>
<td>2.0</td>
</tr>
<tr>
<td>PETH-1 – Introduction to Kinesiology</td>
<td>3.0</td>
</tr>
</tbody>
</table>

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

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

### Major Electives (Complete 7-8 units)

- **MAT-13 – Elementary Statistics** 4.0
- **CHM-1A – General Chemistry** 5.0
- **HED-55 – Health Education – Advanced First Aid** 3.0
- **PHY-2A – College Physics I** 4.0
  
  OR
  
  **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.**

**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)
- 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 – 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 participates

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
  - 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

2021-2022 Hartnell College Catalog