

# 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 – 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 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 66) **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**