

# PROGRAM OF STUDY

## Physical Education-Kinesiology Associate in Arts

The Physical Education-Kinesiology program offers a diverse curriculum which includes theory courses in Physical Education-Kinesiology, health education, and athletic training/sports medicine. A wide variety of movement courses are offered for the development of physical activity skills, knowledge, and fitness necessary for lifetime wellness in the areas of group exercise, aquatics, team sports, and recreation.

### **Student Learning Outcome:**

Demonstrate proficiency in the core academic skills and knowledge required for transfer into a kinesiology program at a four-year college or university.

### **Program Requirements:**

		<b>Units</b>
KPET 200	Introduction to Kinesiology	3 - 0
KPET 201	Principles of Physical Fitness and Conditioning	3 - 0
KPET 210	Prevention and Care of Athletic Injuries	3 - 0
HLHSCI 100	Health Education	3 - 0
	<b>or</b>	
HLHSCI 150	Nutrition	3 - 0

### **Plus eight units from the following:**

		<b>Units</b>
BIOSCI 201	Introduction to Human Anatomy	4 - 0
	<b>and</b>	
BIOSCI 202	Introduction to Human Physiology	4 - 0
	<b>or</b>	
BIOSCI 204	Human Anatomy and Physiology I	4 - 0
	<b>and</b>	
BIOSCI 205	Human Anatomy and Physiology II	4 - 0

### **Plus three units from the following:**

		<b>Units</b>
KPEA 100A	Beginning Physical Fitness Lab	1 - 0
KPEA 100B	Advanced Physical Fitness Lab	1 - 0
KPEA 101A	Beginning Weight Training	1 - 0
KPEA 101B	Advanced Weight Training	1 - 0
KPEA 102	Running for Fitness	1 - 0
KPEA 103	Cardio Cross-Training	1
KPEA 105	Step Aerobics	1 - 0
KPEA 107	Stretching for Flexibility and Relaxation	1 - 0
KPEA 125	Walking for Fitness	1 - 0
KPEA 145A	Beginning Baseball	1 - 0
KPEA 145B	Intermediate Baseball	1 - 0
KPEA 150A	Beginning Basketball	1 - 0
KPEA 150B	Intermediate Basketball	1 - 0
KPEA 150C	Advanced Basketball	1 - 0
KPEA 160A	Beginning Football	1 - 0
KPEA 160B	Intermediate Football	1 - 0
KPEA 165A	Beginning Golf	1 - 0
KPEA 165B	Intermediate Golf	1 - 0
KPEA 165C	Advanced Golf	1 - 0
KPEA 170A	Beginning Soccer	1 - 0
KPEA 170B	Intermediate Soccer	1 - 0

KPEA 175A	Beginning Softball	1 - 0
KPEA 175B	Intermediate Softball	2 - 0
KPEA 180A	Beginning Swimming	1 - 0
KPEA 180B	Intermediate Swimming	1 - 0
KPEA 185A	Beginning Tennis	1 - 0
KPEA 180C	Advanced Swimmimg	1 - 0
KPEA 185B	Intermediate Tennis	1 - 0
KPEA 195A	Beginning Volleyball	1 - 0
KPEA 195B	Intermediate Volleyball	1 - 0
KPEA 195C	Advanced Volleyball	1 - 0

**Recommended electives:**

KPET 120	Emergency Procedures	<b>Units</b> 2 - 0
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**Total Units** **23**

PID 269