

Associate in Arts Degree: Physical Education-Kinesiology

Degree Student Learning Outcome:

Students will be able to demonstrate proficiency in the core academic skills and knowledge required for transfer to a kinesiology program at a four-year college or university.

Program Requirements:

Units Required: 23

		Units:
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
OR		
HLHSCI-150	Nutrition	3.0

Plus eight units from the following:

BIOSCI-201	Introduction to Human Anatomy	4.0
AND		
BIOSCI-202	Introduction to Human Physiology	4.0
OR		
BIOSCI-204	Human Anatomy and Physiology I	4.0
AND		
BIOSCI-205	Human Anatomy and Physiology II	4.0

Plus three units from the following

KPEA-100A	Beginning Circuit Training	1.0
KPEA-100B	Advanced Circuit Training	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	1.0
KPEA-105A	Beginning Step Aerobics	1.0
KPEA-105B	Intermediate Step Aerobics	1.0
KPEA-105C	Advanced Step Aerobics	1.0
KPEA-106	Bowling	1.0
KPEA-107A	Beginning Stretching for Flexibility and Relaxation	1.0
KPEA-107B	Intermediate Stretching for Flexibility and Relaxation	1.0
KPEA-107C	Advanced Stretching for Flexibility and Relaxation	1.0
KPEA-125A	Beginning Walking for Fitness	1.0
KPEA-125B	Intermediate Walking for Fitness	1.0
KPEA-125C	Advanced 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-170C	Advanced Soccer	1.0
KPEA-175A	Beginning Softball	1.0
KPEA-175B	Intermediate Softball	1.0
KPEA-180A	Beginning Swimming	1.0
KPEA-180B	Intermediate Swimming	1.0
KPEA-180C	Advanced Swimming	1.0
KPEA-185A	Beginning Tennis	1.0
KPEA-185B	Intermediate Tennis	1.0
KPEA-185C	Advanced 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	2.0
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