

## 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-102A Beginning Running for Fitness                          | 1.0 |
| KPEA-102B Intermediate Running for Fitness                       | 1.0 |
| KPEA-102C Advanced 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-122A Beginning Ultimate Frisbee                             | 1.0 |
| KPEA-122B Intermediate Ultimate Frisbee                          | 1.0 |
| KPEA-122C Advanced Ultimate Frisbee                              | 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-145C | Advanced 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-160C | Advanced 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-172A | Beginning Futsal: Indoor Soccer    | 1.0 |
| KPEA-172B | Intermediate Futsal: Indoor Soccer | 1.0 |
| KPEA-172C | Advanced Futsal: Indoor Soccer     | 1.0 |
| KPEA-175A | Beginning Softball                 | 1.0 |
| KPEA-175B | Intermediate Softball              | 1.0 |
| KPEA-175C | Advanced Softball                  | 1.0 |
| KPEA-180A | Beginning Swimming                 | 1.0 |
| KPEA-180B | Intermediate Swimming              | 1.0 |
| KPEA-180C | Advanced Swimming                  | 1.0 |
| KPEA-182A | Beginning Aqua Aerobics            | 1.0 |
| KPEA-182B | Intermediate Aqua Aerobics         | 1.0 |
| KPEA-182C | Advanced Aqua Aerobics             | 1.0 |
| KPEA-185A | Beginning Tennis                   | 1.0 |
| KPEA-185B | Intermediate Tennis                | 1.0 |
| KPEA-185C | Advanced Tennis                    | 1.0 |
| KPEA-187A | Beginning Pickleball               | 1.0 |
| KPEA-187B | Intermediate Pickleball            | 1.0 |
| KPEA-187C | Advanced Pickleball                | 1.0 |
| KPEA-195A | Beginning Volleyball               | 1.0 |
| KPEA-195B | Intermediate Volleyball            | 1.0 |
| KPEA-195C | Advanced Volleyball                | 1.0 |

Recommended electives:

|          |                      |     |
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| KPET-120 | Emergency Procedures | 2.0 |
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