

## **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-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-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:

KPET-120	Emergency Procedures	2.0
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