

KINESIOLOGY AA-T

Program Description: 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.

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

Fall semester:

Course	Title	Units	GE Area
MATH 140	INTRODUCTORY STATISTICS	4	B-4, MAJOR REQ
ENG 101	ENGLISH COMPOSITION	3	A-2
HLHSCI 100	HEALTH EDUCATION	3	F
KPET 200	INTRODUCTION TO KINESIOLOGY	3	MAJOR REQ
KPEA 100/101/105/107	ANY FITNESS ACTIVITY CLASS	1	MAJOR REQ
COMS 105	FUNDAMENTALS OF PUBLIC SPEAKING	3	A-1

Spring Semester:

Course	Title	Units	GE Area
CHEM 151	PREPARATORY GENERAL CHEMISTRY	4	B-1
ENG 103	CRITICAL READING/WRITING/THINKING	3	D
KPET 201	PRINCIPLES OF PHYSICAL FITNESS & CONDITIONING	3	MAJOR ELECTIVE
BIO 100	GENERAL BIOLOGY	4	MAJOR REQ
KPEA 165/185	ANY INDIVIDUAL SPORT (GOLF/TENNIS)	1	MAJOR REQ
SOC 101	INTRODUCTION TO SOCIOLOGY	3	D

Fall Semester:

Course	Title	Units	GE Area
BIO 201 or 204	INTRODUCTION TO HUMAN ANATOMY or HUMAN ANATOMY & PHYSIOLOGY I	4	A-5, B-2/3 MAJOR REQ
CHEM 201	GENERAL CHEMISTRY	6	A, MAJOR REQ
KPEA 150/170/175/195	ANY TEAM SPORT (BASKETBALL, SOCCER, SOFTBALL, VOLLEYBALL)	1	MAJOR REQ
HIST 111	UNITED STATES HISTORY I	3	C-2

Spring Semester

Course	Title	Units	GE Area
BIO 202 or 205	INTRODUCTION TO HUMAN PHYSIOLOGY or HUMAN ANATOMY & PHYSIOLOGY II	4	B-1/3 MAJOR REQ
HIST 112	UNITED STATES HISTORY II	3	C-2
HLHSCI 150	NUTRITION	3	ELECTIVE
POLISCI 150	INTRODUCTION TO AMERICAN GOVERNMENT AND POLITICS	3	D
KPEA 180	ANY AQUATICS ACTIVITY CLASS	1	MAJOR REQ
DANCE 100	INTRODUCTION TO DANCE	3	C-1 ELECTIVE

Notes: This sequence presumes entering college ready in English and Mathematics Example- In order to complete in two years a minimum of 15 units per semester is necessary.