# A.S. IN KINESIOLOGY

Kinesiology studies human anatomy and physiology and the mechanics of body movement both theoretically and in practice through physical activities. A diverse curriculum includes lower division theory courses designed for those who want to complete an Associate in Science in Kinesiology and meet transfer requirements. There is also a basic instructional program with a wide variety of movement experiences for the development of physical activity skills and the knowledge necessary for lifetime wellness. An intercollegiate athletic program offers performance-oriented students opportunities for competition. Kinesiology also offers adapted activities curriculum for students with disabilities.

## Learning Outcomes

### A.S. Degree Level Student Learning Outcomes

Students completing the Kinesiology A.S. Degree will:

1. Identify the dimensions of wellness and recognize positive characteristics of each dimension in order to live a healthier lifestyle.
2. Demonstrate competency in fundamental techniques to improve individual sport specific skills.
3. Determine a person's current level of fitness.

## Requirements

**Students receiving this degree must meet the following requirements:**

1. Complete the District General Education Pattern (http://catalog.citruscollege.edu/programs-study/graduation-requirements-associate-degree/general-education-requirements-option-i/), CSUGE (http://catalog.citruscollege.edu/programs-study/graduation-requirements-associate-degree/general-education-requirements-transfer-csu-csuge-option-ii/) or IGETC (http://catalog.citruscollege.edu/programs-study/graduation-requirements-associate-degree/general-education-requirements-transfer-csu-uc-igetc-option-iii/).
   *If transferring to a CSU or UC students are strongly recommended to complete the CSUGE or IGETC General Education Patterns. Students looking to transfer to an out of state or private college should consult with a counselor for the appropriate GE pattern selection.*
2. Complete with a “C” or better each course as specified by the major.
3. Maintain an overall GPA of a 2.0 or better in all degree applicable coursework.
4. Meet the local area requirement of Kinesiology/Dance.

| Code | Title | Units |
|---|---|---|
| **Required Courses:** | | |
| KIN 100 | Introduction to Kinesiology | 3 |
| KIN 177 | First-Aid Responding To Emergencies | 3 |
| **Select one (1) course from the following courses:** | | |
| KIN 170 | Fitness for Life | 3 |
| KIN 171 | Health and Wellness | 3 |
| or KIN 171H | Health and Wellness - Honors | |
| KIN 173 | Introduction to Nutrition | 3 |
| **Select nine (9) to twelve (12) units from the following courses:** [1] | | |
| KIN 164 | Functional Anatomy | 3 |
| KIN 167 | Women in Sport | 3 |
| KIN 168 | Introduction to Public Health | 3 |
| KIN 169 | Introduction to Coaching | 3 |
| KIN 170 | Fitness for Life | 3 |
| KIN 171 | Health and Wellness | 3 |
| or KIN 171H | Health and Wellness - Honors | |
| KIN 173 | Introduction to Nutrition | 3 |
| KIN 176 | Elementary School Physical Education | 3 |
| KIN 180 | Introduction to Sport Management | 3 |
| KIN 181 | Sport and Exercise Psychology | 3 |
| KIN 182 | Care and Prevention of Athletic Injuries | 3 |
| **Select one (1) to six (6) units from the following courses:** | | |
| KIN 118 | Meditation and Mindfulness | 3 |
| KIN 119 | Personal Training | 3 |
| KIN 165 | Introduction to Recreation, Individual, and Team Sports | 3 |
| *Theory Courses* | | |
| KIN 185 | Softball Theory | 2 |
| KIN 186 | Baseball Theory | 2 |
| KIN 188 | Basketball Theory | 2 |
| KIN 192 | Aquatic Theory and Techniques | 2 |
| *Varsity Sport Courses* | | |
| KINC 145 | Strength Training, Balance and Agility for Varsity Athletes | 1 |
| KINC 209 | Women's Varsity Soccer | 3 |
| KINC 211 | Women's Varsity Volleyball | 3 |
| KINC 212 | Varsity Swimming | 2 |
| KINC 213 | Women's Varsity Basketball | 2 |
| KINC 214 | Women's Varsity Softball | 2 |
| KINC 216 | Varsity Cross Country | 3 |
| KINC 220 | Men's Varsity Football | 3 |
| KINC 221 | Men's Varsity Basketball | 2 |
| KINC 224 | Men's Varsity Baseball | 2 |
| KINC 225 | Men's Varsity Golf | 3 |
| KINC 227 | Women's Varsity Golf | 3 |
| KINC 229 | Men's Varsity Water Polo | 3 |
| KINC 230 | Women's Varsity Water Polo | 3 |
| KINC 231 | Men's Varsity Soccer | 3 |
| KINC 232 | Intercollegiate Basketball for Men | 1 |
| KINC 233 | Intercollegiate Basketball for Women | 1 |
| KINC 234 | Intercollegiate Softball | 1 |
| KINC 235 | Intercollegiate Baseball | 1 |

| Code | Title | Units |
|---|---|---|
| KINC 236 | Intercollegiate Swimming | 1 |
| *Biological Science* | | |
| BIOL 200 | Human Anatomy | 4 |
| BIOL 201 | Human Physiology | 4 |
| **Total Units** | | **19-27** |

[1] A course may be used only once to fulfill degree requirements.

# Curriculum Map

**2-Year Curriculum Map Example**

This map represents one possible pathway through the program and is only for reference.

*It is highly recommended that you make an appointment (https://www.citruscollege.edu/stdntsrv/counsel/Pages/ApptSchedule.aspx) to create a customized education plan that fits your needs.

Note: Co-requisite MATH course (2 units) and/or substitute ENGL 101E (5 units) may be needed based on placement.

| Course | Title | Units |
|---|---|---|
| **Fall Term 1** | | |
| KIN 100 | Introduction to Kinesiology | 3 |
| BIOL 105<br>or BIOL 105H | General Biology<br>or General Biology - Honors | 4 |
| ENGL 101<br>or ENGL 101H | Reading and Composition<br>or Reading and Composition - Honors | 4 |
| | **Units** | **11** |
| **Winter Term 1** | | |
| MATH 165<br>or MATH 165H | Introductory Statistics<br>or Introductory Statistics - Honors | 4 |
| | **Units** | **4** |
| **Spring Term 1** | | |
| KIN 164 | Functional Anatomy | 3 |
| KIN 177 | First-Aid Responding To Emergencies | 3 |
| KIN 119<br>or KIN 181 | Personal Training<br>or Sport and Exercise Psychology | 3 |
| PSY 101<br>or PSY 101H | Introduction to Psychology<br>or Introduction to Psychology - Honors | 3 |
| | **Units** | **12** |
| **Summer Term 1** | | |
| SPCH 100<br>or SPCH 100H<br>or SPCH 101<br>or SPCH 101H<br>or SPCH 106 | Interpersonal Communication<br>or Interpersonal Communication - Honors<br>or Public Address<br>or Public Address - Honors<br>or Small Group Communication | 3 |
| KIN 170<br>or KIN 171<br>or KIN 171H<br>or KIN 173 | Fitness for Life<br>or Health and Wellness<br>or Health and Wellness - Honors<br>or Introduction to Nutrition | 3 |
| | **Units** | **6** |
| **Fall Term 2** | | |
| KIN 166 | American Food And Culture: Global Origins, History, and Current Impacts | 3 |
| ENGL 103<br>or ENGL 103H<br>or ENGL 104<br>or ENGL 104H | Composition and Critical Thinking<br>or Composition and Critical Thinking - Honors<br>or Argumentative Writing and Critical Thinking<br>or Argumentative Writing and Critical Thinking - Honors | 3 |
| KIN 119<br>or KIN 181 | Personal Training<br>or Sport and Exercise Psychology | 3 |
| KIN 167<br>or KIN 178 | Women in Sport<br>or Race, Gender and Sports | 3 |
| | **Units** | **12** |
| **Winter Term 2** | | |
| ETHN 101<br>or ETHN 116 | Introduction to Ethnic Studies<br>or Introduction to Chicano/Latino Studies | 3 |
| HIST 107<br>or HIST 107H<br>or HIST 108<br>or HIST 108H<br>or HIST 111<br>or HIST 112<br>or HIST 160<br>or POLI 103<br>or POLI 103H | History of the United States before 1877<br>or History of the United States before 1877 - Honors<br>or History of the United States since 1877<br>or History of the United States since 1877 - Honors<br>or History of the African-Americans to 1876<br>or History of the African-Americans since 1876<br>or History of Women in the United States<br>or American Government and Politics<br>or American Government and Politics - Honors | 3 |
| | **Units** | **6** |
| **Spring Term 2** | | |
| KIN 182 | Care and Prevention of Athletic Injuries | 3 |
| ARCH 250<br>or ARCH 251<br>or ART 100<br>or ART 105<br>or ART 108<br>or ART 110<br>or ART 199<br>or ART 199H<br>or DANC 102<br>or MUSE 113<br>or THEA 101<br>or THEA 101H | History of Architecture: Prehistory to Mannerism<br>or History of Architecture: Baroque to the Present Day<br>or Art History - Fundamentals of Global Art History<br>or Art History - Topics in Contemporary Art<br>or History of Photography<br>or Introduction to the Visual Arts<br>or Motion Picture Appreciation<br>or Motion Picture Appreciation - Honors<br>or History of Dance<br>or History of Rock and Roll<br>or Introduction to Theatre Arts<br>or Introduction to Theatre Arts - Honors | 3 |
| KIN 118<br>or KIN 180 | Meditation and Mindfulness<br>or Introduction to Sport Management | 3 |
| KIN 167<br>or KIN 178 | Women in Sport<br>or Race, Gender and Sports | 3 |
| | **Units** | **12** |
| | **Total Units** | **63** |

# Career Information

## Career Opportunities

There are a variety of careers you can do with this major.

To explore more about this major, schedule an appointment (https://www.citruscollege.edu/stdntsrv/ctcenter/Pages/ApptSchedule.aspx) with a career counselor.