

# KINESIOLOGY

## PROGRAM OVERVIEW

Kinesiology is the study of movement as it relates to physical activity, health, disease prevention, exercise, and sport. Kinesiology Majors are grounded in an interdisciplinary body of knowledge, which encompasses the biological, psychological, physical, and social sciences. They use this knowledge to understand how the human body responds to movement, exercise, exercise training, and overall fitness. Kinesiology majors can find employment in health care, coaching, sports officiating, and athletic training. Public schools also recruit kinesiologists for their physical education departments or programs. Lastly, a baccalaureate degree in Kinesiology can also lead to advanced degrees in Physical Therapy, Occupational Therapy, or Medical School.

## DEGREE REQUIREMENTS

- Completion of 60 transferable semester units to the California State University.
- Obtainment of a minimum grade point average of 2.0 in all transferable coursework.
- Full completion of one of the following General Education patterns:
  - California State University General Education – Breadth Requirements (CSU GE).
  - The Intersegmental General Education Transfer Curriculum (IGETC) for CSU, with completion of Area 1C Oral communication (CSU admission requirement)
- A minimum of 21 semester units required for the major
- All courses in the major must be completed with a grade of “C” or better or a “P” if the course is taken on a “Pass-No Pass” basis (Title 5 § 55063)
- Minimum 12 units in residence



**KINESIOLOGY**  
**Associate in Arts**  
**Major Units 18**

## COURSE REQUIREMENTS

### CORE COURSES

|             |                                  |   |
|-------------|----------------------------------|---|
| KIN MAJ 100 | Introduction to Kinesiology      | 3 |
| ANATOMY 001 | Introduction to Human Anatomy    | 4 |
| PHYSIOL 001 | Introduction to Human Physiology | 4 |

## MOVEMENT BASED COURSE REQUIREMENTS **3 units**

Take **one course** from 3 different movement areas below:

### AQUATICS

|           |                          |   |
|-----------|--------------------------|---|
| KIN 300-1 | Swimming/Non-Swimmer I   | 1 |
| KIN 300-2 | Swimming/Non-Swimmer II  | 1 |
| KIN 300-3 | Swimming/Non-Swimmer III | 1 |
| KIN 301-1 | Swimming Skills I        | 1 |
| KIN 301-2 | Swimming Skills II       | 1 |
| KIN 301-3 | Swimming Skills III      | 1 |
| KIN 303-1 | Aqua Aerobics I          | 1 |
| KIN 303-2 | Aqua Aerobics II         | 1 |
| KIN 303-3 | Aqua Aerobics III        | 1 |
| KIN 303-4 | Aqua Aerobics IV         | 1 |

### COMBATIVES

|           |                       |   |
|-----------|-----------------------|---|
| KIN 330-1 | Cardio Kickboxing I   | 1 |
| KIN 330-2 | Cardio Kickboxing II  | 1 |
| KIN 330-3 | Cardio Kickboxing III | 1 |

### FITNESS

|           |                       |     |
|-----------|-----------------------|-----|
| KIN 180   | Marathon TR Run/Walk  | 1.5 |
| KIN 237   | Boot Camp I           | 1   |
| KIN 337   | Boot Camp II          | 1   |
| KIN 307-1 | Run and Swim I        | 1   |
| KIN 307-2 | Run and Swim II       | 1   |
| KIN 329-1 | Body Conditioning I   | 1   |
| KIN 329-2 | Body Conditioning II  | 1   |
| KIN 329-3 | Body Conditioning III | 1   |
| KIN 332-1 | Step Aerobics I       | 1   |
| KIN 334-1 | Fitness Walking I     | 1   |
| KIN 334-2 | Fitness Walking II    | 1   |
| KIN 350-1 | Weight Training I     | 1   |
| KIN 350-2 | Weight Training II    | 1   |
| KIN 351-1 | Yoga I                | 1   |
| KIN 351-2 | Yoga II               | 1   |

### TEAM SPORTS

|           |                     |   |
|-----------|---------------------|---|
| KIN 366-1 | Badminton Skills I  | 1 |
| KIN 366-2 | Badminton Skills II | 1 |
| KIN 387   | Basketball          | 1 |
| KIN 391-1 | Volleyball          | 1 |

### RESTRICTED ELECTIVES

Select 2 courses from below:

**min. 6 units**

|             |                                |   |
|-------------|--------------------------------|---|
| BIOLOGY 003 | Introduction to Biology        | 4 |
| <i>OR</i>   |                                |   |
| BIOLOGY 005 | Human Biology                  | 5 |
| CHEM 051    | Fundamentals of Chemistry I    | 5 |
| <i>OR</i>   |                                |   |
| CHEM 101    | General Chemistry I            | 5 |
| KIN MAJ 101 | First Aid and CPR              | 3 |
| <i>OR</i>   |                                |   |
| HEALTH 012  | Safety Education and First Aid | 3 |
| MATH 227    | Statistics                     | 4 |
| <i>OR</i>   |                                |   |
| MATH 227S   | Statistics with Support        | 4 |
| PHYSICS 006 | General Physics I              | 4 |

### MAJOR Total Units

|   |           |
|---|-----------|
| CSU GE or IGETC general education pattern         | 37-39     |
| CSU Transfer elective to complete 60-unit minimum |           |
| <b>Total Degree units</b>                         | <b>60</b> |

### PROGRAM LEARNING OUTCOMES (PLOs)

Upon completion of the Degree program, students are able to:

- Describe the fundamental principles of Kinesiology, including anatomy and physiology, movement, health promotion, physiological response to exercise, mechanics, and how they relate to career choices.
- Discuss the importance of lifelong participation in a fitness program as related to overall health and well-being.
- Identify physical fitness concepts, healthy living practices, lifelong wellness, appropriate stress reduction techniques, sport, and physical skill development.

### Kinesiology AA-T Similar programs at local CSUs.

|                 |  |    |
|-----------------|--|----|
| Dominguez Hills | Physical Education   | BA |
|                 | - Fitness Director   |    |
| Fullerton       | Kinesiology  | BS |
|                 | -Exercise Science,   |    |
|                 | -Gerokinesiology,  |    |
|                 | -General,  |    |
|                 | -Recreation, Fitness and Health Promotion,                         |    |
|                 | -Sport Studies,  |    |
|                 | -Strength and Conditioning,  |    |
|                 | -Teacher Education   |    |
| Long Beach      | Kinesiology  | BS |
|                 | - Sport Psychology and Leadership                                  |    |
| Los Angeles     | Kinesiology -  | BS |
|                 | -Community Leadership of Physical Activity                         |    |
|                 | -Exercise and Human Performance,                                   |    |
|                 | -Rehabilitation and Therapeutic Exercise                           |    |
|                 | -Subject Matter Preparation for Single Subject Teaching Credential |    |
| Northridge      | Kinesiology  | BS |
|                 | -Dance,  |    |
|                 | -Sport Studies   |    |

### Declaring the major

Meet with a counselor to set the following plans and majors in PeopleSoft. (Required to allow you to apply for graduation online.)

- Psychology AA-T
- A.A. degree in Liberal Arts: Behavioral and Social Sciences
- CSU GE or IGETC Certificate of Achievement

### Preparing for Graduation

Please log in to PeopleSoft Student Portal to fill out the appropriate application for the degree/certificate and submit

it before the deadline.

- If you have attended any colleges or universities outside the Los Angeles Community College District and will be using coursework toward an associate degree, Certificate of Achievement or GE Certification, we require official transcripts to be on file with Admissions and Records. This also applies to any coursework taken within our District prior to Spring 1974. Transcripts from other institutions must be mailed directly to the Admissions & Records Office by the respective colleges for credit.
- If you are going to use courses from colleges or universities outside of the California Community College system, you should make an appointment with a counselor for a transcript evaluation to determine which courses can be used towards your degree or certification. It is highly recommended that all students who start at LATTC meet with a counselor to discuss your transfer educational goals.

### Applying for Graduation (Degree and Certificate)

- Please logon to the PeopleSoft portal and navigate to:  
**Academic Records >My Academics >Petition for Graduation**
- Apply within the first 6 weeks of the current semester.
- Applications submitted after deadline may be reviewed for the subsequent semester.

