

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		11 units
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		21
CSU GE or IGETC general education pattern		37-39
CSU Transfer elective to complete 60-unit minimum		
Total Degree units		60

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 LATTTC 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.

