

KINESIOLOGY - ASSOCIATE IN ARTS

Plan Code: 1701

This program prepares students for entry-level positions as physical activity specialists in fitness, health, and medical settings (i.e. health clubs, rehabilitative exercise centers, sports medicine clinics); educational settings (i.e. elementary and secondary schools); and community service agencies (e.g. YMCAs, Boys and Girls Clubs, neighborhood recreation centers, private and public camps).

Program Student Learning Outcomes

- Demonstrate the ability to attain the Institutional Student Learning Outcomes (ISLOs).
- Demonstrate knowledge of rules, strategies, techniques, and etiquette of various activities to promote lifelong fitness.
- Demonstrate knowledge of basic aspects of a training/fitness program.
- Recognize various career opportunities in the field of human movement.

Program Requirements

This degree requires the completion of General Education coursework plus the following:

Code Number	Course Title	Units
REQUIRED COURSES		
KINPP 1	Introduction to Kinesiology	3
PSYCH 1/1H	Introduction to Psychology	3
Choose ONE (1) of the following:		
BIO 41/41H	Contemporary Biology	3
ANAT 1	Human Anatomy	4
ANAT 41	Anatomy & Physiology	5
Choose ONE (1) of the following:		
HLED 3	Contemporary Health Issues	3
HLED 4	Women's Health Issues	3
HLED 5	Men's Health Issues	3
Choose ONE (1) of the following:		
COMM 10/10H	Elements of Public Speaking	3
COMM 20	Elements of Interpersonal Communication	3
Choose ONE (1) of the following:		
KINPP 4	Lifetime Wellness Principles	3
KINPP 5	Sports Appreciation	3
KINPP 7	Intro to Community Recreation	3
KINPP 8	Stress Management through Physical Activity	3
KINPP 10	Prevention & Care of Athletic Injuries	3
KINPP 14	Theory of Athletic Coaching	3
KINPP 15	Sports Officiating (Fall)	3
KINPP 17	Sports Officiating (Spring)	3
KINPP 23	First Aid and Safety	3
KINPP 70	Fitness Program Design & Instruction	3
KINPP 75	Exercise Science & Fitness Assessment	3

KINPP 233	Techniques of Strength and Conditioning	3
Subtotal Units		18-20

IN ADDITION, complete SIX (6) units from at least THREE of the following categories:

Aquatics Category		
KING 55	Lifeguard/Water Safety Training	4
KING 76	Swimming	1
KINPF 3	Aqua Calisthenics	1
KINPF 4	Deep Water Aerobics	1
KINPF 42	Swimming Fitness	1
Combative Category		
KING 60	Jiu Jitsu	1
KING 65	Martial Arts	1
KING 65B	Martial Arts	1
KING 66	Self-Defense	1
KING 66B	Self Defense	1
Fitness Category		
KINA 1	PE for the Physically Limited	1
KINPF 6	Cardio Fitness	1
KINPF 8	Circuit Weight Training	1
KINPF 8B	Circuit Weight Training	1
KINPF 10	Stretch & Relaxation	1
KINPF 10B	Stretch & Relaxation	1
KINPF 12	Core Conditioning	1
KINPF 12B	Core Conditioning	1
KINPF 14	Yoga	1
KINPF 17	Jogging	1
KINPF 17B	Jogging	1
KINPF 18	Triathlon Training	1
KINPF 18B	Triathlon Training	1
KINPF 21	Low Impact Cardio	1
KINPF 22	Physical Fitness	1
KINPF 22B	Physical Fitness	1
KINPF 23	Cycling Conditioning	1
KINPF 24	Cardio Cross Fit	1
KINPF 53	Resistance Training	1
KINPF 53B	Resistance Training	1
KINPF 54	Weight Training	1
KINPF 54B	Weight Training	1
KINPF 81	Fitness and Wellness Center	1
KINPF 82	Fitness and Wellness Center-Intermediate	1
KINPF 83	Fitness and Wellness Center-Advanced	1
Team Sports Category		
KING 2	Ultimate Frisbee	1
KING 2B	Ultimate Frisbee	1
KING 14	Basketball	1
KING 14B	Basketball	1
KING 70	Soccer	1
KING 70B	Soccer	1
KING 74	Softball	1
KING 86	Touch Football	1
KING 90	Volleyball	1

KING 90B	Volleyball	1
KING 92	Sand Volleyball	1
KING 92B	Sand Volleyball	1
KING 94	Rugby	1
Individual and Dual Activities Category		
KING 7	Pickleball	1
KING 10	Badminton	1
KING 10B	Badminton	1
KING 84	Tennis	1
Intercollegiate Athletics Category		
KINIA 1AD	Baseball (Men)	3
KINIA 2AD	Off-Season Conditioning for Athletes	0.5-3
KINIA 3AD	Basketball (Men)	3
KINIA 4AD	Pre-Season Training for Athletes	0.5-3
KINIA 5AD	Cross Country (Men)	3
KINIA 7AD	Football (Men)	3
KINIA 13AD	Soccer (Men)	3
KINIA 15AD	Swimming (Men)	3
KINIA 19AD	Track & Field (Men)	3
KINIA 21AD	Volleyball (Men)	3
KINIA 23AD	Water Polo (Men)	3
KINIA 27AD	Basketball (Women)	3
KINIA 29AD	Cross Country (Women)	3
KINIA 33AD	Beach Volleyball (Women)	3
KINIA 35AD	Soccer (Women)	3
KINIA 37AD	Softball (Women)	3
KINIA 39AD	Swimming (Women)	3
KINIA 43AD	Track & Field (Women)	3
KINIA 45AD	Volleyball (Women)	3
KINIA 47AD	Water Polo (Women)	3
Subtotal Units		6
Required Subtotal		24-26
Complete one of the following: ¹		19-39
LBCC General Education (Plan A) (https://lbcc-public.courseleaf.com/academic-requirements/general-education-transfer-degree-certificate-requirements/general-education-plans/plan-a/)		
CSU GE Breadth (Plan B) (https://lbcc-public.courseleaf.com/academic-requirements/general-education-transfer-degree-certificate-requirements/general-education-plans/plan-b/)		
IGETC Pattern (Plan C) (https://lbcc-public.courseleaf.com/academic-requirements/general-education-transfer-degree-certificate-requirements/general-education-plans/plan-c/)		
Electives (as needed to reach 60 degree-applicable units) ²		
Minimum Degree Total		60

¹ Units for the major may be double-counted for LBCC GE, CSU GE, or IGETC; see counselor for limitations.

² Elective units from course(s) numbered 1-599, if needed, to reach 60 degree-applicable units.