

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 in Society	3
or KIN 171H	Health and Wellness in Society - Honors	
KIN 173	Introduction to Nutrition	3

Code	Title	Units
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 in Society	3
or KIN 171H	Health and Wellness in Society - 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

Code	Title	Units
KINC 235	Intercollegiate Baseball	1
KINC 236	Intercollegiate Swimming	1
<i>Biological Science</i>		
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/stdntsrvcounsel/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 or BIOL 105H	General Biology or General Biology - Honors	4
ENGL 101 or ENGL 101H	Reading and Composition or Reading and Composition - Honors	4
Units		11
Winter Term 1		
MATH 165 or MATH 165H	Introductory Statistics 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 or KIN 181	Personal Training or Sport and Exercise Psychology	3
PSY 101 or PSY 101H	Introduction to Psychology or Introduction to Psychology - Honors	3
Units		12
Summer Term 1		
SPCH 100 or SPCH 100H or SPCH 101 or SPCH 101H or SPCH 106	Interpersonal Communication or Interpersonal Communication - Honors or Public Address or Public Address - Honors or Small Group Communication	3
KIN 170 or KIN 171 or KIN 171H or KIN 173	Fitness for Life or Health and Wellness in Society or Health and Wellness in Society - Honors 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 or ENGL 103H or ENGL 104 or ENGL 104H	Composition and Critical Thinking or Composition and Critical Thinking - Honors or Argumentative Writing and Critical Thinking or Argumentative Writing and Critical Thinking - Honors	3
KIN 119 or KIN 181	Personal Training or Sport and Exercise Psychology	3

Course	Title	Units
KIN 167 or KIN 178	Women in Sport or Race, Gender and Sports	3
Units		12
Winter Term 2		
ETHN 101 or ETHN 116	Introduction to Ethnic Studies or Introduction to Chicano/Latino Studies	3
HIST 107 or HIST 107H or HIST 108 or HIST 108H or HIST 111 or HIST 112 or HIST 160 or POLI 103 or POLI 103H	History of the United States before 1877 or History of the United States before 1877 - Honors or History of the United States since 1877 or History of the United States since 1877 - Honors or African-American History to 1876 or African-American History since 1876 or History of Women in the United States or American Government and Politics or American Government and Politics - Honors	3
Units		6
Spring Term 2		
KIN 182	Care and Prevention of Athletic Injuries	3
ARCH 250 or ARCH 251 or ART 100 or ART 105 or ART 108 or ART 110 or ART 199 or ART 199H or DANC 102 or MUSE 113 or THEA 101 or THEA 101H	History of Architecture: Prehistory to Mannerism or History of Architecture: Baroque to the Present Day or Art History - Fundamentals of Global Art History or Art History - Topics in Contemporary Art or History of Photography or Introduction to the Visual Arts or Motion Picture Appreciation or Motion Picture Appreciation - Honors or History of Dance or History of Rock and Roll or Introduction to Theatre Arts or Introduction to Theatre Arts - Honors	3
KIN 118 or KIN 180	Meditation and Mindfulness or Introduction to Sport Management	3
KIN 167 or KIN 178	Women in Sport 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/stdntsrvcounsel/Pages/ApptSchedule.aspx>) with a career counselor.