

# 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 (<https://catalog.citruscollege.edu/programs-study/graduation-requirements-associate-degree/general-education-requirements-option-i/>) or Cal-GETC (<https://catalog.citruscollege.edu/programs-study/graduation-requirements-associate-degree/general-education-requirements-transfer-calgetc-option-ii/>).

*If transferring to a CSU or UC students are strongly recommended to complete the Cal-GETC General Education Pattern. 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/Counseling.
5. Meet the 12-unit residency requirement.

Code	Title	Units
<b>Required Courses:</b>		
KIN 100	Introduction to Kinesiology	3
KIN 177	First-Aid Responding To Emergencies	3
<b>Select one (1) course from the following courses:</b>		
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
<b>Select nine (9) to twelve (12) units from the following courses:<sup>1</sup></b>		

Code	Title	Units
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	Teaching 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
KIN 183	Introduction to Sports Information	3
<b>Select one (1) to six (6) units from the following courses:</b>		
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
<i>Biological Science</i>		
BIOL 200	Human Anatomy	4
BIOL 201	Human Physiology	4
<b>Total Units</b>		<b>19-27</b>

<sup>1</sup> A course may be used only once to fulfill degree requirements.

## 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.

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