

A.S. IN KINESIOLOGY - HUMAN PERFORMANCE

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. An emphasis in Human Performance focuses on body movements, injury awareness, and performance enhancement through nutritional, mental, and physical development.

Learning Outcomes

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.
4. Demonstrate competency in human performance enhancement concepts through injury awareness and performance development.

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/>) or Cal-GETC (<http://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 |
|--|-------------------------------------|-------|
| Required courses: | | |
| KIN 100 | Introduction to Kinesiology | 3 |
| KIN 177 | First-Aid Responding To Emergencies | 3 |
| KIN 181 | Sport and Exercise Psychology | 3 |
| Select one (1) course from the following courses: | | |
| KIN 170 | Fitness for Life | 3 |

| Code | Title | Units |
|---|---|-------|
| KIN 171 | Health and Wellness in Society | 3 |
| or KIN 171H | Health and Wellness in Society - Honors | |
| KIN 173 | Introduction to Nutrition | 3 |
| Select nine (9) to twelve (12) units from the following courses:¹ | | |
| KIN 119 | Personal Training | 3 |
| KIN 164 | Functional Anatomy | 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 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 165 | Introduction to Recreation, Individual, and Team Sports | 3 |
| KIN 163 | Sports Officiating | 3 |
| KIN 167 | Women in Sport | 3 |
| KIN 168 | Introduction to Public Health | 3 |
| KIN 172 | Introduction to Physical Education | 3 |
| KIN 176 | Teaching Physical Education | 3 |
| KIN 179 | Health and Social Justice | 3 |
| KIN 178 | Race, Gender and 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 222 | Women's Varsity Flag Football | 3 |
| 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 |

| Code | Title | Units |
|---------------------------|--------------------------------------|--------------|
| 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 |
| KINC 236 | Intercollegiate Swimming | 1 |
| <i>Biological Science</i> | | |
| BIOL 200 | Human Anatomy | 4 |
| BIOL 201 | Human Physiology | 4 |
| Total Units | | 22-30 |

¹ 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.
