

# A.S. IN KINESIOLOGY - SPORT MANAGEMENT

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 sport management will focus on the organization, leadership, and operations of sport related teams, organizations and related activities.

## 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 the organizational, leadership, and operational sport management concepts.

## 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
<b>Required courses:</b>		
KIN 100	Introduction to Kinesiology	3
KIN 177	First-Aid Responding To Emergencies	3
KIN 180	Introduction to Sport Management	3

**Select one (1) course from the following courses:**

Code	Title	Units
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:</b>		
KIN 163	Sports Officiating	3
KIN 165	Introduction to Recreation, Individual, and Team Sports	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 183	Introduction to Sports Information	3

**Select on (1) to six (6) units from the following courses:**

KIN 118	Meditation and Mindfulness	3
KIN 119	Personal Training	3
KIN 164	Functional Anatomy	3
KIN 167	Women in Sport	3
KIN 168	Introduction to Public Health	3
KIN 178	Race, Gender and Sports	3
KIN 179	Health and Social Justice	3
KIN 181	Sport and Exercise Psychology	3
KIN 182	Care and Prevention of Athletic Injuries	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 210	Varsity eSports	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

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

## 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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