

# Physical Education/Kinesiology

ASSOCIATE OF ART DEGREE

## Term Effective: Fall 2006

Physical Education/Kinesiology major leads to the Associate of Arts degree and prepares the student for transfer to a four-year institution. Students completing the baccalaureate program or graduate work may be hired in the major or allied fields as a teacher, coach, exercise physiologist, biomechanics, motor learning specialist, athletic trainer, physical therapist, sports psychologist, adaptive physical education specialist, personal fitness trainer, aerobic fitness instructor, health/fitness club manager or exercise testing technologist.

### Required Courses - Major:

	Units
Biology 230 Human Anatomy	5
Biology 231 Human Physiology	5
Health 202 First Aid, Emergency Care and Cardiopulmonary Resuscitation*	0-3
	or *Current CPR/First Aid Certification
P.E. Activity Minimum of one activity course from the category of Fitness and one course from the category of Sports	3
P.E. Major 200 Introduction to Kinesiology	3
Plus 9 additional units from either the Exercise Science/Wellness, General or Sports Medicine options:	9
Exercise Science/Wellness Option	
9 units selected from the following:	9
Business 134 Human Relations in Business	3
Health 114 Foods & Nutrition	3
P.E. Major 109 Fitness Instructor Trng.	3
P.E. Major 203 Concepts of Fitness	3
P.E. Major 214 Intro to Sport Related Injuries	3
General Option	
3 units selected from the following:	3
P.E. Major 109 Fitness Instructor Trng.	3
Plus 6 activity units (minimum of one activity course from the cat- egory of Fitness and one course from the category of Sports)	6
Sports Medicine Option	
9 units selected from the following:	9
Co-Op Ed 195 General Work Experience	1-3
P.E. Major 214 Introduction to Sports Related Injuries	3
P.E. Major 203 Concepts of Fitness	3
Total Major units	25-28
Total Degree units	60