

General Studies

ASSOCIATE OF ARTS DEGREE

The General Studies degree is designed for students who intend to earn an Associate degree which surveys a breadth of academic offerings in the Liberal Arts and Sciences and allows for a deeper investigation of a particular field of study through an area of emphasis. Employment opportunities which require a general education in college level skills and those related to the area of emphasis would be appropriate for General Studies.

The General Studies degree consists of: 1) An Area of Emphasis* consisting of a minimum of 18 units; 2) The Mendocino College 18 unit General Education requirements; 3) The remainder of the 60 required units for the degree in degree-applicable electives, including Institutional Requirements.

This degree provides the maximum flexibility in program design leading to the Associate of Arts Degree.

Kinesiology & Health

AREA OF EMPHASIS

The Kinesiology and Health area of emphasis allows the student to take courses that will prepare him/her for employment opportunities such as Health Technician, Physical Therapy Aide, Community Recreation Director, Coach, and other related fields.

Required Units: 18

Core Requirements: 3 units

PEM 200	Introduction to Kinesiology
BIO 200	Concepts of Biology
BIO 202	Human Biology
BIO 230	Human Anatomy
BIO 231	Human Physiology
CHM 200	Introduction to Chemistry

Academic Courses: 15 units from any of the courses listed below.

BIO 200	Concepts of Biology
BIO 201	Concepts of Biology Lab
BIO 202	Human Biology
BIO 230	Human Anatomy
BIO 231	Human Physiology
BIO 250	Principles of Biology
BIO 259	Microbiology
CHM 200	Introduction to Chemistry
CHM 250	General Chemistry I
CDV 200	Psychology of Development: Infancy through Adolescence
HLH 103	Women's Health
HLH 114	Foods and Nutrition
HLH 115	Therapeutic Nutrition
HLH 200	Health Education
HLH 202	First Aid / Emergency / CPR
HLH 213	Lifeguard Training
HLH 50	Community CPR and First AID
HLH 55	Applied Health Education
HLH 56	EMT-I Refresher

HLH 60	EMT- Paramedic I
MTH 220	Statistics
PHY 210	General Physics I
PHY 211	General Physics II
PEM 109	Fitness Instructor Training
PEM 214	Introduction to Sports Related Injuries
PEM 203	Concepts of Fitness
PSY 90	Psychology of Stress & Coping
PSY 205	Introduction to Psychology
PSY 206	Human Sexuality
PSY 220	Psychology of Gender
PSY 255	Intduction to Psychobiology
SPE 200	Public Speaking
SPE 210	Interpersonal Communication

Activity Courses: 4 units from any of the courses listed below.

PEG 50/55	Adaptive Physical Fitness
PEG 104	Yoga
PEI 200	Intercollegiate Baseball
PEG 283	Conditioning for Sports
PEI 204	Intercollegiate Basketball
PEG 266	Tennis (Intermediate)
PEI 208	Intercollegiate Basketball
PEI 212	Intercollegiate Football
PEG 229	Walking for Aerobic Fitness
PEI 220	Intercollegiate Softball
PEG 230	Beginning T'ai Chi
PEI 226	Intercollegiate Soccer
PEG 231	Running for Aerobic Fitness
PEI 240	Intercollegiate Volleyball
PEG 250	Aerobic Dance
PEG 202	Low Impact Fitness
PEG 251	Aerobic Dance (Int)
PEG 203	Stepping for Aerobic Fitness
PEG 252	Golf
PEG 210	Fundamentals of Pass Defense
PEG 264	Tennis (Beginning)
PEG 211	Fundamentals of Pass Offense
PEG 201	Sports Related Fitness Activ.
PEG 204	Baseball
PEG 208	Basketball
PEG 212	Softball
PEG 217	Circuit Weight Training
PEG 216	Weight Training
PEG 218	Power Weight Lifting
PEG 273	Beginning Foil Fencing
PEG 274	Intermediate Foil Fencing
PEG 276	Volleyball Beginning
PEG 277	Volleyball Intermediate
PEG 280	Physical Fitness
PEG 282	Conditioning For Football