

LIBERAL ARTS AND SCIENCES WITH AN EMPHASIS IN KINESIOLOGY & HEALTH ASSOCIATE OF ARTS

The Liberal Arts and Sciences with an Emphasis in Kinesiology and Health 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 this degree. The Liberal Arts and Sciences with an Emphasis degree consists of: 1) An Area of Emphasis consisting of a minimum of 18-units; 2) The Mendocino College 25-unit General Education requirement; 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.

Required Courses – Major

Course Number	Course Name	Units
BIO 230	Human Anatomy	5
BIO 231	Human Physiology	5
or BIO 202	Human Biology	3
and BIO 202L	Human Biology Laboratory	1
HLH 200	Health Education	3
or HLH 103	Women's Health	3
KIN 200	Introduction to Kinesiology	3

Plus 9 additional units from any of the courses listed below, excluding those used above

Course Number	Course Name	Units
BIO 250	Cell and Molecular Biology	4
BIO 259	Microbiology	5
CDV 200	Child Growth and Development: Conception through Adolescence	3
CHM 200	Introduction to Chemistry	5
CHM 250	General Chemistry I	5
COMM C1000	Introduction to Public Speaking	3
COMM 210	Interpersonal Communication	3
EMS 202	First Aid, Emergency Care, and Cardiopulmonary Resuscitation	3
HLH 214	Foods and Nutrition	3
HLH 215	Therapeutic Nutrition	3
KIN 109	Fitness Instructor Training	3
KIN 214	Introduction to Sport Related Injuries	3
PHY 210	General Physics I	4
PHY 211	General Physics II	4
PSYC C1000	Introduction to Psychology	3
PSYC 210	Psychology of Life Span Development	3
PSYC 220	Psychology of Gender	3
STAT C1000	Introduction to Statistics	4

Total Major Units	24 – 25
Total Degree Units	60

Program Level Student Learning Outcomes:

1. Describe scientific principles as they apply to physical activity, health, and wellness.
2. Illustrate the importance of physical activity in health, wellness, and the quality of life.
3. Appraise cultural, historical, and philosophical dimensions of physical activity, health, and wellness.
4. Evaluate the practice of physical activity and wellness and compose physical activities to increase wellness.