

# KINESIOLOGY ASSOCIATE IN ARTS DEGREE

Division: Kinesiology

## Requirements

PROGRAM CODE: 1A03769A

The **Kinesiology Associate in Arts Degree** is designed to prepare students with a knowledgeable base of physical fitness, health practices, and professional activities for entry into the discipline of physical education/kinesiology/athletics. Further specialization is possible by combining the Associate of Arts Degree with electives chosen from a certificate program in fitness, aquatics, or coaching. A student may also elect to work toward a transfer program preparing for entry to a four-year institution.

To earn an Associate Degree students must complete:

1. all major course requirements with a grade of C or better;
2. Cypress College Native General Education requirements; California State University General Education Breadth requirements (CSU GE Breadth) or IGETC General Education requirements;
3. Social Justice, Equity and Sustainability and reading requirements;
4. (4) any elective courses to complete a minimum of 60 units; and, (5) have a minimum GPA of 2.0. At least 50% of all major course work must be completed at Cypress College. Courses that fulfill major requirements for an Associate Degree at Cypress College might not be the same as those required for completing the major at a transfer institution offering a Baccalaureate Degree. For information on specific university requirements, please consult with your counselor, or visit the Transfer Center. This degree requires completion of 18-21 units.

Code	Title	Units
<b>Required Courses are listed in suggested sequence (9-11 units):</b>		
BIOL 101 C	General Biology	3-5
or BIOL 101HC	Honors General Biology	
or BIOL 102 C	Human Biology	
or BIOL 160 C	Integrated Medical Science	
or BIOL 210 C	Anatomy and Physiology	
or BIOL 231 C	General Human Anatomy	
KIN 230 C	Introduction to Kinesiology (formerly PE 252 C)	3
<b>Select at least three units from Kinesiology Activity courses (KIN 100 C - KIN 222 C)</b>		<b>3</b>
<b>Elective Courses - Select from the following (9-10 units):</b>		<b>9-10</b>
BIOL 241 C	General Human Physiology	4
KIN 231 C	Elementary School Movement - Kinesiology (formerly PE 231 C)	3
KIN 235 C	First Aid, CPR and Emergencies (formerly PE 235 C)	3
KIN 236 C	Athletic Injuries-Prevention and Care (formerly PE 236 C)	3
KIN 240 C	Sports Officiating (formerly PE 240 C)	3
KIN 241 C	Theory of Coaching Basketball (formerly PE 266 C)	3

KIN 242 C	Theory of Coaching Baseball (formerly PE 267 C)	3
KIN 244 C	Lifetime Fitness and Wellness (formerly Human Performance)	3
KIN 247 C	Sports Management (formerly PE 247 C)	3
KIN 248 C	Psychology of Sport (formerly PE 248)	3
KIN 249 C	Sport and United States Society (formerly PE 250 C)	3
KIN 271 C	Movement Anatomy	3
KIN 272 C	Strength and Conditioning	3
KIN 273 C	Exercise Physiology	3
KIN 274 C	Exercise Testing and Prescription	3
KIN 295 C	Kinesiology - Internship Seminar	3
PHS 284 C	Contemporary Personal Health (formerly KIN 284 C)	3
REC 100 C	Foundations of Recreation and Leisure Services	3
or REC 101 C	Principles of Community Recreation	
REC 102 C	Recreation Leadership and Diverse Groups	3
<b>Total Units</b>		<b>18-21</b>