

AA Kinesiology

An associate degree in kinesiology offers the foundation of the human movement field. Upon completion of the associate's degree, students gain an understanding of how human movement can affect sports training and health. The degree includes a solid foundation of their selected sub discipline in kinesiology.

Career Opportunities

An associate degree in kinesiology prepares students for transfer to obtain a bachelor's degree to work in a variety of fields, such as health, wellness, fitness, personal trainer, coaching, athletic trainer, group exercise instructor, exercise physiologist, etc.

Program Learning Outcomes

Students completing this program will be able to:

1. Recognize and evaluate the importance of physical activity in leading a healthy, functional lifestyle and in creating or increasing a sense of well-being.
2. Exhibit interpersonal communication, cooperative relationships and social interaction within diverse and dynamic environments.
3. Analyze and understand the discipline of kinesiology to apply appropriate scientific and quantitative conclusions to physical activity.
4. Demonstrate and improve fitness components along with alignment, body positioning, special awareness, or rhythm while performing exercise movements.
5. Demonstrate professional and ethical decision-making and civic responsibility when applying knowledge of kinesiology.

AA Degree Requirements

Major: Core and Selective Requirements

Complete Core Courses, 12 units		Units
BIOL 250	Human Anatomy	4 units
BIOL 260	Human Physiology	5 units
KINE 101	Introduction to Kinesiology	3 units

Movement Based Courses: Select 3 units from the following with a maximum of one unit from any one area

Area 1: Aquatics		Units
AQUA 127.1	Swim Stroke Development I	1 unit
AQUA 127.2	Swim Stroke Development II	1 unit

AQUA 127.3	Swim Stroke Development III	1 unit
AQUA 127.4	Swim Stroke Development IV	1 unit
AQUA 133.1	Individual Swim Conditioning I	1 unit
AQUA 135.1	Aqua Exercise I	1 unit

Area 2: Dance

Units

DANC 115.1	Mexican Folkloric Dance I	1 unit
DANC 115.2	Mexican Folkloric Dance II	1 unit
DANC 115.3	Mexican Folkloric Dance III	1 unit
DANC 115.4	Mexican Folkloric Dance IV	1 unit
DANC 117.1	Tap Dance I	1 unit
DANC 117.2	Tap Dance II	1 unit
DANC 117.3	Tap Dance III	1 unit
DANC 117.4	Tap Dance IV	1 unit
DANC 121.1	Contemporary Modern Dance I	1 unit
DANC 121.2	Contemporary Modern Dance II	1 unit
DANC 121.3	Contemporary Modern Dance III	1 unit
DANC 121.4	Contemporary Modern Dance IV	1 unit
DANC 125.1	Salsa I	1 unit
DANC 125.2	Salsa II	1 unit
DANC 125.3	Salsa III	1 unit
DANC 125.4	Salsa IV	1 unit
DANC 130.1	Jazz Dance I	1 unit
DANC 130.2	Jazz Dance II	1 unit



DANC 130.3	Jazz Dance III	1 unit
DANC 130.4	Jazz Dance IV	1 unit
DANC 140.1	Ballet I	0.5 or 1 units
DANC 140.2	Ballet II	0.5 or 1 units
DANC 140.3	Ballet III	0.5 or 1 units
DANC 140.4	Ballet IV	0.5 or 1 units
DANC 150.1	Hip Hop I	1 unit
DANC 150.2	Hip Hop II	1 unit
DANC 150.3	Hip Hop III	1 unit
DANC 150.4	Hip Hop IV	1 unit
DANC 151.1	Social Dance I	1 unit
DANC 151.2	Social Dance II	1 unit
DANC 151.3	Social Dance III	1 unit
DANC 151.4	Social Dance IV	1 unit
DANC 157.1	Afro Cuban Dance Fusion I	0.5 or 1 units
DANC 157.2	Afro Cuban Dance Fusion II	0.5 or 1 units
DANC 157.3	Afro Cuban Dance Fusion III	0.5 or 1 units
DANC 157.4	Afro Cuban Dance Fusion IV	0.5 or 1 units
DANC 161.1	Tango Argentino I	0.5 or 1 units
DANC 161.2	Tango Argentino II	0.5 or 1 units
DANC 161.3	Tango Argentino III	0.5 or 1 units
DANC 161.4	Tango Argentino IV	0.5 or 1 units
DANC 350.1	Cardio Dance I	1 unit

DANC 350.2	Cardio Dance II	1 unit
DANC 350.3	Cardio Dance III	1 unit
DANC 350.4	Cardio Dance IV	1 unit
DANC 400.1	Dance Performance and Production I	1 unit
DANC 400.2	Dance Performance and Production II	1 unit
DANC 400.3	Dance Performance and Production III	1 unit
DANC 400.4	Dance Performance and Production IV	1 unit

Area 3: Fitness**Units**

FITN 112	Cross-Training	1 unit
FITN 117	Fitness Assessment, Strength and Conditioning	1 unit
FITN 118	Beginning Fitness Center	1 unit
FITN 119	Intermediate Fitness Center	1 unit
FITN 122	Total Body Burn	1 unit
FITN 128.1	Core Strength and Functional Training I	1 unit
FITN 128.2	Core Strength and Functional Training II	1 unit
FITN 152	Basketball Conditioning	1 unit
FITN 153	Soccer Conditioning	1 unit
FITN 154	Volleyball Conditioning	1 unit
FITN 210	Varsity Weight Conditioning	1 unit
FITN 227.1	TRX® Suspension Training I	1 unit
FITN 227.2	TRX® Suspension Training II	1 unit
FITN 227.3	TRX® Suspension Training III	1 unit
FITN 227.4	TRX® Suspension Training IV	1 unit
FITN 235	Boot Camp	1 unit
FITN 301.1	Spinning I	1 unit
FITN 301.2	Spinning II	1 unit



FITN 301.3	Spinning III	1 unit
FITN 304.1	Walking Fitness I	1 unit
FITN 304.2	Walking Fitness II	1 unit
FITN 304.3	Walking Fitness III	1 unit
FITN 304.4	Walking Fitness IV	1 unit
FITN 308.1	Hiking and Trekking for Fitness I	1 unit
FITN 332.1	Flexibility and Stretching I	1 unit
FITN 332.2	Flexibility and Stretching II	1 unit
FITN 334.1	Yoga I	1 unit
FITN 334.2	Yoga II	1 unit
FITN 334.3	Yoga III	1 unit
FITN 334.4	Yoga IV	1 unit
FITN 335.1	Pilates I	1 unit
FITN 335.2	Pilates II	1 unit
FITN 335.3	Pilates III	1 unit
FITN 335.4	Pilates IV	1 unit

Area 4: Individual Sports**Units**

INDV 121.1	Badminton I	1 unit
INDV 121.2	Badminton II	1 unit
INDV 160.1	Golf I	1 unit
INDV 160.2	Golf II	1 unit
INDV 160.3	Golf III	1 unit
INDV 160.4	Golf IV	1 unit

INDV 251.1	Tennis I	1 unit
INDV 251.2	Tennis II	1 unit
INDV 251.3	Tennis III	1 unit
INDV 251.4	Tennis IV	1 unit

Area 5: Team Sports**Units**

TEAM 105	Advanced Baseball	1 unit
TEAM 111.1	Basketball I	1 unit
TEAM 111.2	Basketball II	1 unit
TEAM 111.3	Basketball III	1 unit
TEAM 111.4	Basketball IV	1 unit
TEAM 132.1	Flag Football I	1 unit
TEAM 132.2	Flag Football II	1 unit
TEAM 132.3	Flag Football III	1 unit
TEAM 141.1	Soccer I	1 unit
TEAM 141.2	Soccer II	1 unit
TEAM 141.3	Soccer III	1 unit
TEAM 141.4	Soccer IV	1 unit
TEAM 148.1	Indoor Soccer I	1 unit
TEAM 148.2	Indoor Soccer II	1 unit
TEAM 148.3	Indoor Soccer III	1 unit
TEAM 148.4	Indoor Soccer IV	1 unit
TEAM 171.1	Volleyball I	1 unit
TEAM 171.2	Volleyball II	1 unit



TEAM 171.3	Volleyball III	1 unit
TEAM 171.4	Volleyball IV	1 unit
TEAM 184	Soccer: Skill Development and Conditioning	1 unit
TEAM 185	Expert Volleyball Training	1 unit
TEAM 186	Basketball: Individual Skill Development	1 unit
TEAM 187	Tennis: Skill Development and Conditioning	1 unit

Selective courses: choose a minimum of 6 units from the following:

		Units
BIOL 310	Nutrition	3 units
CBOT 432	Introduction to Computer Applications	3 units
CHEM 210	General Chemistry I	5 units
	OR	
CHEM 410	Chemistry for Health Sciences	4 units
COMM 110	Public Speaking	3 units
KINE 119	First Aid/Adult and Pediatric CPR/AED	3 units
MATH 200	Elementary Probability and Statistics	4 units
PHYS 210	General Physics I	4 units

And required General Education coursework and electives as needed to meet the minimum 60 units required for the Associate degree.

