

Kinesiology

A.A.-T DEGREE: 60 units



Associate Degree
for Transfer™

DESCRIPTION

Upon completion of this degree, students will be prepared to transfer into the CSU system to pursue a BA/BS in Kinesiology. It is the desire of the Kinesiology and Athletics Department to contribute to the continued growth and development of each student by providing opportunities that advance the physical, mental, social, and emotional rewards that result from a comprehensive experience in higher education.

The Department of Kinesiology and Athletics supports the mission of the college by preparing students along their pathways to reach transfer and career goals in a dynamic and multicultural world. The Associate in Arts in Kinesiology for Transfer degree prepares students for a seamless transfer into the CSU system.

PROGRAM LEARNING OUTCOMES:

After completing the Associate in Arts in Kinesiology for Transfer students will be able to:

- ▶ List and describe five career options available in the field of kinesiology.
- ▶ Describe and critically analyze the role of physical activity and its impact on health, society and quality of life.
- ▶ Discuss the history and broad content within the discipline of kinesiology and develop skills to enable the synthesis of concepts across disciplines.
- ▶ Identify critical elements of motor skill performance, combine motor skills into appropriate sequences for the purpose of improving skill learning, and demonstrate competent motor skill performance in a variety of physical activities.
- ▶ Identify the skeletal and muscular structures of the human body.
- ▶ Utilize measurement concepts (qualitative and quantitative) to assess student/client performance and program effectiveness.
- ▶ Describe and demonstrate effective verbal and nonverbal communication skills.

REQUIREMENTS: (21-24 UNITS)

CORE COURSES: 15 UNITS, INCLUDING MOVEMENT BASED COURSES

KIN2	Introduction to Kinesiology	3
B107	Human Anatomy	4
BI09	Human Physiology	5

MOVEMENT BASED COURSES

Select a maximum of one (1) course from any three (3) of the following areas for a maximum of three (3) units:

AQUATICS (1 UNIT)

KIN16A	Swimming - Beginning	1
KIN61A	Swim for Fitness - Level 1	1

COMBATIVES (1 UNIT)

KIN39	Fencing	1
KIN71A	Self-Defense - Level 1	1
KIN83	Karate	1

DANCE (1 UNIT)

KIN88A	Social Dance - Beginning	1
KIN88B	Social Dance - Intermediate	1
KIN66A	Dance Fundamentals - Beginning	1
KIN66B	Dance Fundamentals - Intermediate	1

FITNESS (1 UNIT)

KIN24A	Individualized Weight Training - Level 1	1
KIN24B	Individualized Weight Training - Level 2	1
KIN44A	Aerobics - Level 1	1
KIN44B	Aerobics - Level 2	1
KIN62A	Yoga - Beginning	1
KIN62B	Yoga - Intermediate	1
KIN64A	Individualized Cardiovascular Fitness - Level 1	1
KIN64B	Individualized Cardiovascular Fitness - Level 2	1
KIN68A	Bootcamp Fitness - Level 1	1
KIN68B	Bootcamp Fitness - Level 2	1
KIN70A	Pilates - Level 1	1
KIN70B	Pilates - Level 2	1
KIN73A	Fitness Through Dance - Level 1	1
KIN73B	Fitness Through Dance - Level 2	1
KIN74A	Hiking - Level 1	1
KIN74B	Hiking - Level 2	1
KIN81A	Kickboxing for Fitness - Level 1	1
KIN81B	Kickboxing for Fitness - Level 2	1
KIN82A	Circuit Training - Level 1	1
KIN82B	Circuit Training - Level 2	1
KIN89A	Stability Ball Training - Level 1	1
KIN89B	Stability Ball Training - Level 2	1

INDIVIDUAL SPORTS (1 UNIT)

KIN17A	Golf - Beginning	1
KIN17B	Golf - Intermediate	1
KIN18A	Tennis - Beginning	1
KIN18B	Tennis - Intermediate	1
KIN19A	Badminton - Beginning	1
KIN19B	Badminton - Intermediate	1
KIN20A	Bowling - Beginning	1
KIN20B	Bowling - Intermediate	1

KIN31A	Archery - Beginning	1
KIN31B	Archery - Intermediate	1
KIN79A	Indoor Racket Sports - Beginning	1
KIN79B	Indoor Racket Sports - Intermediate	1

TEAM SPORTS (1 UNIT)

KIN80A	Ultimate Frisbee - Beginning	1
KIN87	Indoor Soccer	1
KIN121A	Volleyball - Beginning	1
KIN121B	Volleyball - Intermediate	1
KIN125A	Soccer - Beginning	1
KIN125B	Soccer - Intermediate	1
KIN127A	Basketball - Beginning	1
KIN127B	Basketball - Intermediate	1
KIN137A	Softball - Beginning	1
KIN137B	Softball - Intermediate	1
KIN165A	Baseball - Beginning	1
KIN165B	Baseball - Intermediate	1
ATH21	Volleyball	1
ATH25	Soccer	1
ATH27	Basketball	1
ATH37	Softball	1
ATH77	Football	1

SELECT 6 UNITS FROM THE FOLLOWING:

(These courses may also count toward GE Requirements.)

MATH5	Introduction to Statistics	3
CHEM1A	General Chemistry	5
CHEM30A	Elementary Chemistry	4
PHYS2A	General Physics I	4
PHYS4A	Physics for Scientists and Engineers - Mechanics	4
AH30	First Aid and CPR	3

ASSOCIATE DEGREE FOR TRANSFER REQUIREMENTS:

- ▶ Completion of 60 semester units that are eligible for transfer to the California State University, including both of the following:
 1. The Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education-Breadth Requirements.
 2. A minimum of 18 semester units in a major or area of emphasis, as determined by the community college district.
- ▶ Obtainment of a minimum grade point average of 2.0.

Title 5 section 55063(a) also require that students must earn a "C" or better in all courses required for the major or area of emphasis, or a "P" if the course was taken on a 'pass-no-pass' basis.

UNITS REQUIRED FOR THE MAJOR: 21 - 24

DOUBLE COUNTED UNITS: 6 - 12

GENERAL EDUCATION REQUIREMENTS:

CSU GE: 39; IGETC: 37

ELECTIVES NEEDED TO GET TO 60 UNITS:

CSU: 3 - 12; IGETC: 6 - 12



Kinesiology

A.A. DEGREE: 60 units

DESCRIPTION

The Department of Kinesiology and Athletics provides opportunities for students to develop proficiency in a variety of sports and activities, academically study the field of kinesiology and health education, pursue a professional career in teaching, coaching, sports psychology, working with a college or professional sports team, working for a corporate or individual health facility, athletic administration, athletic training, sports medicine aid, physical therapists, or personal/fitness trainer; and transfer to a four year college/university.

An Associate of Arts Degree, with four choices of area of emphasis - Education, Sports Management, Sports Medicine, or Personal Training/Fitness - can be obtained by completing a total of 60 units, which includes the 18 -21 units major in Kinesiology, general education requirements, and electives. This program, along with the A.A. T in Kinesiology, is also designed to allow students to transfer into baccalaureate programs in kinesiology/physical education at CSU and many independent and/or out-of-state colleges and universities. The department also provides an 18 unit certificate of achievement in personal training.

Students should note that each college and university has its own admission, general education, and lower division major requirements that must be completed prior to transfer, and that these requirements vary greatly from institution to institution. Students have several options for completing their General Education requirements. Following are the patterns most commonly used by Gavilan College transfer students: California State University's (CSUs) General Education Requirements for a B.A./B.S., Intersegmental General Education Transfer Curriculum (IGETC), and Transfer Admission Agreements. Students should consult with a Gavilan College counselor to determine which general education pattern is appropriate for their major in Kinesiology.

Gavilan College offers a variety of intercollegiate sports for men and women. We compete in the Coast Conference which is a member of the California Community College Athletic Association. Students participate for a variety of reasons, including the desire to compete at the intercollegiate level and for the opportunity to earn an academic or athletic scholarship at the 4-year level.

Whether students are majoring in Kinesiology with an emphasis in Education, Sports Management, Sports Medicine, or Personal Training/Fitness; wanting to meet their transfer requirements by utilizing our Associate in Arts in Kinesiology for Transfer degree; pursuing a Certificate of Achievement in Personal Training; desiring a competitive intercollegiate athletic experience; fulfilling the general education kinesiology activity class graduation requirement; or just wanting enrichment opportunities, the staff remains dedicated to providing the best instruction possible.

KEY OPPORTUNITIES:

- ▶ Opportunities exist for students to satisfy degree requirements.
- ▶ Opportunities exist for students to develop cognitive and motor skills required to perform activities that enhance lifelong health and fitness.
- ▶ Opportunities exist for students to develop an individualized approach to fitness that includes flexibility, muscular strength training, and cardiovascular endurance.
- ▶ Opportunities exist for students to learn how to develop the components of a healthy lifestyle including stress management, nutrition, social interactions and physiological principles of exercise.
- ▶ Opportunities exist for students to compete at the intercollegiate level.

The Department of Kinesiology and Athletics supports the mission of the college by preparing students along their pathways to reach transfer and career goals in a dynamic and multicultural world.

PROGRAM LEARNING OUTCOMES

Upon successful completion of this program, students will be able to:

- ▶ List and describe five career options available in the field of kinesiology.
- ▶ Describe and critically analyze the role of physical activity and its impact on health, society and quality of life.
- ▶ Discuss the history and broad content within the discipline of kinesiology and develop skills to enable the synthesis of concepts across disciplines.
- ▶ Identify critical elements of motor skill performance, combine motor skills into appropriate sequences for the purpose of improving skill learning, and demonstrate competent motor skill performance in a variety of physical activities.
- ▶ Identify the skeletal and muscular structures of the human body.
- ▶ Utilize measurement concepts (qualitative and quantitative) to assess student/client performance and program effectiveness.
- ▶ Describe and demonstrate effective verbal and nonverbal communication skills.

PROGRAM REQUIREMENTS:

REQUIRED CORE:

KIN2	Introduction to Kinesiology	3
BIO15	Survey of Human Anatomy and Physiology	2

KINESIOLOGY ACTIVITY COURSES:

A minimum of 2 units from 2 different activities.

AREAS OF EMPHASIS

EDUCATION OPTION (6 UNITS)

KIN5 or Individual and Dual Sports	3
KIN8 Introduction to Sports Psychology	3
HE1 or Health Education	3
KIN6 Games and Rhythms for Children	3

SPORTS MANAGEMENT OPTION (6 UNITS)

KIN7 Theory of Sports Management	3
KIN5 or Individual and Dual Sports	3
KIN15 Sports and Society	3

SPORTS MEDICINE OPTION (6 UNITS)

KIN3 Introduction to Athletic Training	4
KIN4A Athletic Training Practicum I	2

PERSONAL TRAINING/FITNESS OPTION (6 UNITS)

KIN84 Assessment of Fitness Techniques	3
KIN85 Concepts, Program Design of Strength, Cardiovascular Fitness	3

ELECTIVES (2 - 5 UNITS)

Choose one (1) of the following if not used above:

KIN3 Introduction to Athletic Training	4
KIN4A Athletic Training Practicum I	2
KIN4B Athletic Training Practicum II	2
KIN4C Athletic Training Practicum III	2
KIN5 Individual and Dual Sports	3
KIN6 Games and Rhythms for Children	3
KIN7 Theory of Sports Management	3
KIN8 Introduction to Sports Psychology	3
KIN15 Sports and Society	3
KIN84 Assessment of Fitness Techniques	3
KIN85 Concepts, Program Design of Strength, Cardiovascular Fitness	3
HE1 Health Education	3
BIO7 Human Anatomy	4
BIO9 Human Physiology	5
BIO11 Nutrition	3
BUS80 Business Law	3

UNITS FOR THE MAJOR: 18 -21

GENERAL EDUCATION REQUIREMENTS: 35 - 39

ELECTIVES AS NEEDED TO GET TO 60 UNITS: 0 - 7

Kinesiology and Athletics: Personal Training Certificate

CERTIFICATE OF ACHIEVEMENT: 18 units

DESCRIPTION

The Kinesiology and Athletics Department provides opportunities for students to participate in activity classes, pursue a professional career, transfer and compete in intercollegiate athletics. A variety of activity courses are offered to meet the interest and needs of all students as they fulfill the general education requirements, Kinesiology graduation requirements, certificate requirements or their desire to maintain lifetime fitness. An Associate of Arts Degree with three options of study-Education, Sports Management and Sports Medicine- as well as a certificate program for personal training are available. The A.A. degree can be obtained by completing a total of 60 units, which includes the 18-24 unit major, general education requirements and electives. The personal training certificate can be obtained by completing a total of 18-19 units. These programs are designed to allow students to transfer into baccalaureate programs in kinesiology or related areas. Professional fields include teaching, coaching, athletic training, physical therapy, exercise physiology, motor learning, sports management, sports psychology and personal fitness training. These careers could provide employment with education institutions, commercial health clubs, private/public fitness and sports centers, recreation departments and sports teams. Gavilan College offers a variety of intercollegiate sports for men and women. We compete in the Coast Conference which is a member of the California Community College Athletic Association. Students participate for a variety of reasons, including the desire to compete at the intercollegiate level and for the opportunity to earn an academic or athletic scholarship at the 4-year level.

KEY OPPORTUNITIES:

- ▶ Opportunity to satisfy degree requirements
- ▶ Opportunity to gain real world industry application to develop marketable skills.
- ▶ Opportunity to receive up to date, theoretical and technical knowledge regarding exercise science, fitness assessment, exercise prescription, program design/implementation, fitness and sport, nutrition, injury prevention, exercise physiology and training, and lifestyle/behavior modification.
- ▶ Opportunity to develop competency in required coursework and practical application of skills necessary in their respective fields.
- ▶ Opportunity to transfer to public and private four-year institutions where they may pursue a higher education in related health fields such as exercise physiology, sports medicine, nursing, athletic training, and health and wellness.

- ▶ Opportunity to build a solid foundation and be well prepared to pursue additional certifications through national organizations such as the American Council on Exercise (ACE), American College of Sports Medicine (ACSM), and the National Academy of Sports Medicine (NASM).
- ▶ Opportunity to pursue numerous careers in the health and fitness industry.

PROGRAM LEARNING OUTCOMES

Upon successful completion of this program, students will be able to:

- ▶ List and describe 5 career options available in the field of Kinesiology.
- ▶ Explain the importance of lifetime fitness in today's society.
- ▶ Discuss the profession, which may include the history and role within the work setting.
- ▶ Identify the muscle groups and structures of the human body utilized for specific physical activities.

REQUIRED:

Proof of CPR Certification (American Red Cross)

REQUIRED COURSES (15 UNITS)

BIO15 or	Survey of Human Anatomy and Physiology	5
AH15	Survey of Human Anatomy and Physiology	5
KIN3	Introduction to Athletic Training	4
KIN85	Concepts, Program Design of Strength,	3
	Cardiovascular Fitness	3
KIN84	Assessment of Fitness Techniques	3

CHOOSE ONE OF THE FOLLOWING (3 UNITS)

AH11	Nutrition	3
HE1	Health Education	3

