

KINESIOLOGY & WELLNESS – ASSOCIATE IN ARTS DEGREE

Top Code: 4901.00

The area of emphasis in Kinesiology and Wellness provides for a student with an understanding of kinesiology, health promotion, and the mechanics of human bodily movement. The word kinesiology comes from the Greek, kinesis, which means to move. Kinesiology is the study of the art and science of human movement. The discipline of Kinesiology is dedicated to the study of human movement as it relates to sport, dance, and exercise. This area of emphasis is intended to align student course work with preparation for transfer to universities in such bachelor degree majors as Kinesiology, Exercise Science, Physical Education, and other similar fields of study. Kinesiology and Wellness is designed for the student preparing, in the long run, to become a physical education teacher, to study a health-related profession, or to pursue a career in other related fields that typically require a bachelor's degree.

Please Note: The courses that universities and colleges require for transfer vary. When selecting courses for transfer purposes, students should consult with Counseling Services to determine the particular transfer requirements of specific transfer institutions.

Program Outcomes

1. Demonstrate a competence in human anatomy, chemistry, physiology, and biomechanical movement.
2. Understand the behavioral, historical and sociological aspects of human movement.
3. Comprehend theoretical approaches and major concepts of health and nutrition.
4. Have knowledge and apply the fundamentals, rules and regulations of a variety of sports.

Requirements for the area of emphasis

Courses must be completed with a grade of C or better. All courses must be numbered 001–099. Students must complete 22 units with a minimum number of units in each of the categories listed below.

| Code | Title | Units |
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| Required Core | | |
| HED 044 | HEALTH EDUCATION | 3 |
| KINT 003 | INTRODUCTION TO KINESIOLOGY | 3 |
| KINT 097 | THEORY AND DEVELOPMENT OF FITNESS AND WELLNESS | 3 |
| or KINT 014 | WELLNESS FOR LIFE | |
| Kinesiology and Movement | | |
| Select three to four units of the following: | | 3-4 |
| KATH 070 | OFF-SEASON CONDITIONING INTERCOLLEGIATE-BADMINTON | |
| KATH 071 | OFF-SEASON CONDITIONING INTERCOLLEGIATE-BASEBALL | |
| KATH 072 | OFF-SEASON CONDITIONING INTERCOLLEGIATE-BASKETBALL | |
| KATH 073 | OFF-SEASON CONDITIONING INTERCOLLEGIATE-CROSS COUNTRY | |

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| KATH 074 | OFF-SEASON CONDITIONING INTERCOLLEGIATE-FOOTBALL |
| KATH 075 | OFF-SEASON CONDITIONING INTERCOLLEGIATE-SOCCER |
| KATH 076 | OFF-SEASON CONDITIONING INTERCOLLEGIATE-SOFTBALL |
| KATH 077 | OFF-SEASON CONDITIONING INTERCOLLEGIATE-SWIMMING AND DIVING |
| KATH 078 | OFF-SEASON CONDITIONING INTERCOLLEGIATE-TRACK AND FIELD |
| KATH 079 | OFF-SEASON CONDITIONING INTERCOLLEGIATE-VOLLEYBALL |
| KATH 080 | OFF-SEASON CONDITIONING INTERCOLLEGIATE-WATER POLO |
| KATH 081 | PRE-SEASON INTERCOLLEGIATE ATHLETICS |
| KATH 083 | INTERCOLLEGIATE SPORTS-BASEBALL |
| KATH 084 | INTERCOLLEGIATE SPORTS-BASKETBALL |
| KATH 085 | INTERCOLLEGIATE SPORTS-CROSS COUNTRY |
| KATH 086 | INTERCOLLEGIATE SPORTS-FOOTBALL |
| KATH 089 | INTERCOLLEGIATE SPORTS-SOCCER |
| KATH 090 | INTERCOLLEGIATE SPORTS-SOFTBALL |
| KATH 091 | INTERCOLLEGIATE SPORTS-SWIMMING |
| KATH 093 | INTERCOLLEGIATE SPORTS-TRACK AND FIELD |
| KATH 094 | INTERCOLLEGIATE SPORTS-VOLLEYBALL |
| KATH 095 | INTERCOLLEGIATE SPORTS-WATER POLO |
| KATH 096 | INTERCOLLEGIATE SPORTS-BADMINTON |
| KATH 099 | INTERCOLLEGIATE SAND VOLLEYBALL |
| KINA 003A | BEGINNING SWIMMING I |
| KINA 003B | BEGINNING SWIMMING II |
| KINA 003C | INTERMEDIATE SWIMMING & FITNESS |
| KINA 003D | ADVANCED SWIMMING AND FITNESS |
| KINA 027 | ADAPTED FITNESS ACTIVITIES |
| KINA 028A | BEGINNING AQUATIC FITNESS ACTIVITIES |
| KINA 028B | INTERMEDIATE AQUATIC FITNESS ACTIVITIES |
| KINA 029A | BEGINNING STRENGTH TRAINING |
| KINA 029B | INTERMEDIATE STRENGTH TRAINING |
| KINA 029C | ADVANCED STRENGTH TRAINING |
| KINA 030 | FITNESS TESTING AND INDEPENDENT EXERCISE |
| KINA 032A | BEGINNING FITNESS ACTIVITIES |
| KINA 032B | INTERMEDIATE FITNESS ACTIVITIES |
| KINA 032C | ADVANCED FITNESS ACTIVITIES |
| KINA 033 | STRETCHING FITNESS ACTIVITY |
| KINA 034A | BEGINNING SELF DEFENSE |
| KINA 034B | INTERMEDIATE SELF DEFENSE |
| KINA 036 | AEROBIC FITNESS |
| KINA 037 | POLICE-FIRE AGILITY TRAINING |
| KINA 038 | CARDIOVASCULAR CONDITIONING |
| KINA 039A | CYCLING FOR FITNESS |
| KINA 039B | BEGINNING CYCLING FOR FITNESS - STATIONARY, INDOOR |
| KINA 039C | INTERMEDIATE CYCLING FOR FITNESS |
| KINA 039D | ADVANCED CYCLING FOR FITNESS - STATIONARY, INDOOR |
| KINA 040A | BEGINNING YOGA |

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| KINA 040B | INTERMEDIATE YOGA |
| KINA 040C | ADVANCED YOGA |
| KINA 041A | BEGINNING TAI CHI |
| KINA 041B | INTERMEDIATE TAI CHI |
| KINA 041C | ADVANCED TAI CHI |
| KINA 042 | ZUMBA |
| KINA 043A | BEGINNING FLAG FOOTBALL |
| KINA 043B | INTERMEDIATE FLAG FOOTBALL |
| KINA 043C | ADVANCED FLAG FOOTBALL |
| KINA 044A | BEGINNING FITNESS WALKING |
| KINA 044B | INTERMEDIATE FITNESS WALKING |
| KINA 044C | ADVANCED FITNESS WALKING |
| KINA 045A | BEGINNING CROSS TRAINING |
| KINA 045B | INTERMEDIATE CROSS TRAINING |
| KINA 045C | ADVANCED CROSS TRAINING |
| KINA 045D | EXPERT CIRCUIT TRAINING |
| KINA 046A | BEGINNING BADMINTON |
| KINA 046B | INTERMEDIATE BADMINTON |
| KINA 046C | ADVANCED BADMINTON |
| KINA 048A | BEGINNING FENCING |
| KINA 048B | INTERMEDIATE FENCING |
| KINA 048C | ADVANCED FENCING |
| KINA 050A | BEGINNING WEIGHT TRAINING FOR WOMEN |
| KINA 050B | INTERMEDIATE WEIGHT TRAINING FOR WOMEN |
| KINA 050C | ADVANCED WEIGHT TRAINING FOR WOMEN |
| KINA 051A | BEGINNING INDOOR FUTSAL |
| KINA 051B | INTERMEDIATE INDOOR FUTSAL |
| KINA 053A | BEGINNING BOOT CAMP |
| KINA 053B | INTERMEDIATE BOOT CAMP |
| KINA 053C | ADVANCED BOOT CAMP |
| KINA 054A | BEGINNING TENNIS |
| KINA 054B | INTERMEDIATE TENNIS |
| KINA 054C | ADVANCED TENNIS |
| KINA 065A | BEGINNING BASKETBALL |
| KINA 065B | INTERMEDIATE BASKETBALL |
| KINA 065C | ADVANCED BASKETBALL |
| KINA 069A | BEGINNING SOCCER |
| KINA 069B | INTERMEDIATE SOCCER |
| KINA 069C | ADVANCED SOCCER |
| KINA 081A | BEGINNING VOLLEYBALL |
| KINA 081B | INTERMEDIATE VOLLEYBALL |
| KINA 081C | ADVANCED VOLLEYBALL |
| KINA 082A | BEGINNING SAND VOLLEYBALL |
| KINA 082B | INTERMEDIATE SAND VOLLEYBALL |

Behavioral Development and Diversity

Select three to four units of the following: 3-4

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| COUN 010 | INTRODUCTION TO COLLEGE |
| COUN 011 | LEARNING STRATEGIES AND COLLEGE SKILLS DEVELOPMENT |
| COUN 017 | CAREER PLANNING |
| COLL 001 | FIRST YEAR SEMINAR |
| PSYC 001 | INTRODUCTORY PSYCHOLOGY |

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| or PSYC 001 | HONORS INTRODUCTORY PSYCHOLOGY |
| PSYC 005 | RESEARCH METHODS IN PSYCHOLOGY |
| PSYC 025 | HUMAN SEXUALITY |
| SOC 001 | INTRODUCTORY SOCIOLOGY |
| SOC 014 | INTRODUCTION TO ETHNIC STUDIES |
| SOC 031 | CHICANO SOCIOLOGY |
| SOC/ETH 063 | SOCIOLOGY OF THE AFRICAN-AMERICAN |
| SOC/ETH 073 | SOCIOLOGY OF THE ASIAN AMERICAN |

Scientific and Nutrition Background

Select seven to nine of the following: 7-9

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| ANAT 025 | HUMAN ANATOMY |
| CHEM 001A | GENERAL CHEMISTRY AND CHEMICAL ANALYSIS I |
| or CHEM 002A | CHEMISTRY - GENERAL, ORGANIC AND BIOCHEMISTRY I |
| PYSO 001 | HUMAN PHYSIOLOGY |
| NUTR 011 | HUMAN NUTRITION |
| or NUTR 025 | NUTRITION FOR SPORT, EXERCISE, AND HEALTH |

Total Units 22-26

Visit the Program Mapper (<https://pasadena-city.programmapper.ws/academics/interest-clusters/8353468c-9ac9-4b4b-a310-843b126d204c/programs/e1804e42-6157-0705-f276-168dbe7678a0/>) for a suggested sequence of courses.

General Education Requirements for the Associate in Arts Degree

- General Information (<https://curriculum.pasadena.edu/academic-programs-leading-degree-certificate/>)
- PCC Local Gen Ed (<https://curriculum.pasadena.edu/academic-programs-leading-degree-certificate/#pcclocaltext>)
- CSU Breadth (<https://curriculum.pasadena.edu/academic-programs-leading-degree-certificate/#csubreadthtext>)
- IGETC (<https://curriculum.pasadena.edu/academic-programs-leading-degree-certificate/#igetctext>)

Similar Programs

Associate in Arts in Kinesiology Degree for Transfer (<https://curriculum.pasadena.edu/academic-programs/kinesiology/kinesiology-aat/>)