

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

- Demonstrate a competence in human anatomy, chemistry, physiology, and biomechanical movement.
- Examine the behavioral, historical and sociological aspects of human movement.
- Comprehend theoretical approaches and major concepts of health, wellness and physical activity.
- Apply the fundamentals, rules and regulations of a variety of team and individual 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
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
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
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 CROSS 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	
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
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	
SOC/ETH 063	AFRICAN AMERICAN SOCIOLOGY
SOC/ETH 073	ASIAN PACIFIC AMERICAN SOCIOLOGY
Scientific and Nutrition Background	
Select seven to nine of the following: 7-9	
ANAT 025	HUMAN ANATOMY
CHEM 001A	GENERAL CHEMISTRY AND CHEMICAL ANALYSIS I
or CHEM 0020 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/>)