

KINESIOLOGY

DIVISION: Kinesiology, Health, and Athletics

Kinesiology is the scientific study of human movement and physical activity. Kinesiology draws upon anatomy, physiology, physics, psychology, and sociology to understand how humans move, what motivates human movement, and the physiological and psychological benefits of physical movement. Kinesiology provides opportunities for students to gain current knowledge of physical fitness facts, healthful living practices, leisure time pursuits, stress management techniques, and to receive instruction in the skills necessary for successful participation in activities necessary for optimum health and physical efficiency. The field of Kinesiology includes a variety of subfields including exercise physiology, biomechanics, motor control and motor learning, exercise psychology, and the socio-cultural study of movement. A lack of adequate physical activity negatively impacts the physiological and psychological state of humans. Pasadena City College therefore offers a variety of physical activity classes to complement students' academic pursuits. The kinesiology profession is based on the philosophy that anatomical movement is an academic discipline, an essential portion of the General Education process. Further, the kinesiology curriculum is centered on the concept that movement skills, intellectual development, physical fitness and healthful living practices are elements of life that must be taught and reinforced.

Health

The Health program consists of courses in personal health. These courses are intended to help students live healthfully now and for the rest of their lives. They also serve as foundations for students intending to focus their studies in the health and nutritional sciences, kinesiology or athletics. Public health is the science of protecting and improving the health of people and their communities. This work is achieved by promoting healthy lifestyles, researching disease and injury prevention, and detecting, preventing and responding to infectious diseases. Overall, public health is concerned with protecting the health of entire populations. These populations can be as small as a local neighborhood, or as big as an entire country or region of the world.

Nutrition

Nutrition offers a variety of courses that align with multiple degree pathways. The courses are specifically designed to meet the needs of students who are currently pursuing degrees in Nursing, Health Science, or Kinesiology. Courses also provide students with an introduction to the science of nutrition, which is particularly important for those planning to transfer to baccalaureate programs in Nutrition, Health Education, Public Health, or pre-medicine.

Athletics

Pasadena City College offers 16 Intercollegiate Athletics programs dedicated to assisting each student in achieving the highest possible academic and athletic success. Our faculty and coaches subscribe to the philosophy that athletics plays an integral role in the total educational process and that athletics helps to promote the growth of values in leadership, character, sportsmanship, and teamwork. Athletics at Pasadena City College, as with all California community colleges is governed by the general regulations of the State Community

College Athletic Code, as well as specific regulations of the South Coast Conference in which Pasadena City College holds membership. Students who participate in athletics must meet the requirements of the California Community College Athletic Association (CCCAA). Academic standing, enrollment within an intercollegiate class, completed and approved eligibility forms, student educational plan (SEP), and a physical exam are required to compete in both the intercollegiate class and intercollegiate sport.

- Kinesiology & Wellness – Associate in Arts Degree (<https://curriculum.pasadena.edu/academic-programs/kinesiology/kinesiology-wellness-aa/>)
- Kinesiology – Associate in Arts Degree for Transfer to CSU (<https://curriculum.pasadena.edu/academic-programs/kinesiology/kinesiology-aat/>)
- Nutrition and Dietetics – Associate in Science Degree for Transfer to CSU (<https://curriculum.pasadena.edu/academic-programs/kinesiology/nutrition-dietetics-ast/>)
- Yoga Instructor Training – Certificate of Achievement (<https://curriculum.pasadena.edu/academic-programs/kinesiology/yoga-instructor-training-cert-achievement/>)
- Yoga Teacher Training – Associate in Science Degree, Certificate of Achievement (<https://curriculum.pasadena.edu/academic-programs/kinesiology/yoga-teacher-training-as-cert-achievement/>)