

# KINESIOLOGY AND WELLNESS EMPHASIS (AA DEGREE A8986)

## Kinesiology, Athletics and Dance Division Degree A8986

An emphasis in Kinesiology and Wellness provides the student with an understanding of kinesiology, health promotion, and the mechanics of human bodily movement. In addition to the foundational physical education and movement courses, students select courses from a scientific and nutrition and behavioral development and diversity cluster.

This degree requires the completion of General Education coursework plus the following:

### Required Courses

Course Prefix	Course Name	Units
<b>Cluster 1: Kinesiology, Movement, and Dance</b>		<b>6-8</b>
DN-T 18	Introduction to Dance	
DN-T 20	History and Appreciation of Dance	
KIN 3 or KIN 5	First Aid and CPR Advanced First Aid/CPR/Emergency Response	
KIN 13	Sports Officiating	
KIN 17	Introduction to Kinesiology	
KIN 19	Introduction to Care/Prevention of Activity/Sports-Related Injuries	
KIN 24	Applied Kinesiology	
KIN 34	Fitness for Living	
KIN 38	Physiology of Exercise for Fitness	
KIN 39	Techniques of Fitness Testing	
KIN 40	Techniques of Strength Training and Conditioning	
KIN 44	Theory of Coaching	
<b>Cluster 2: Scientific and Nutrition Background</b>		<b>3-5</b>
ANAT 10A	Introductory Human Anatomy	
ANAT 10B	Introductory Human Physiology	
ANAT 35	Human Anatomy	
ANAT 36	Human Physiology	
BIOL 1	General Biology	
BIOL 4 or BIOL 4H	Biology for Majors Biology for Majors - Honors	
BIOL 5	Contemporary Health Issues	
BIOL 13	Human Reproduction, Development and Aging	
CHEM 10	Chemistry for Allied Health Majors	
CHEM 40	Introduction to General Chemistry	
CHEM 50 or CHEM 50H	General Chemistry I General Chemistry I - Honors	
MICR 1	Principles of Microbiology	
MICR 22	Microbiology	
NF 10 or NF 12	Nutrition for Health and Wellness Sports Nutrition	
NF 25 or NF 25H	Introduction to Nutrition Science Introduction to Nutrition Science - Honors	
PHYS 1	Physics	
PHYS 2AG	General Physics	
PSYC 1B	Biological Psychology	

### Cluster 3: Behavioral Development and Diversity

3-4

ANTH 5 or ANTH 5H	Cultural Anthropology Cultural Anthropology - Honors
CHLD 1	Child, Family, School and Community
CHLD 10 or CHLD 10H	Child Growth and Lifespan Development Child Growth and Lifespan Development - Honors
CHLD 11	Child and Adolescent Development
COUN 2	College Success Strategies
COUN 5	Career and Life Planning
PSYC 1A or PSYC 1AH	Introduction to Psychology Introduction to Psychology - Honors
PSYC 3 or PSYC 3H	Introduction to Research Methods in Psychology Introduction to Research Methods in Psychology - Honors
PSYC 14 or PSYC 14H	Developmental Psychology Developmental Psychology - Honors
PSYC 15	Introduction to Child Psychology
PSYC 26	Psychology of Sexuality
PSYC 33	Psychology for Effective Living
SOC 1 or SOC 1H	Introduction to Sociology Introduction to Sociology - Honors
SOC 2 or SOC 2H	Contemporary Social Problems Contemporary Social Problems - Honors
SOC 15	Sociology of Childhood and Adolescence
SOC 20 or SOC 20H	Introduction to Race and Ethnicity Introduction to Race and Ethnicity - Honors

### Required Electives

1-6

#### Activity Courses

Choose a minimum of two courses from the following: (these units count towards the 18 required for the degree 1 - 6 units)

DNCE 1 or DNCE 2A or DNCE 2B or DNCE 3	Ballet Fundamentals Ballet I Ballet II Ballet Performance
DNCE 4	Choreography
DNCE 8	Latin Dance I
DN-T 9	Dance Audition Techniques
DNCE 10	Modern Fundamentals
DNCE 11A or DNCE 11B	Social Dance Forms I Social Dance Forms II
DNCE 12A or DNCE 12B or DNCE 13	Modern I Modern II Modern Performance
DNCE 14A or DNCE 14B or DNCE 15 or DNCE 17	Jazz I Jazz II Jazz Performance Jazz Fundamentals
DNCE 18A or DNCE 18B or DNCE 19	Tap I Tap II Tap Performance
DNCE 28 or DNCE 29	Theater Dance I Theater Dance II
DNCE 30	Contemporary Dance
DNCE 31	Classical Dance
DNCE 32	Commercial Dance
DNCE 33	Improvisation
DNCE 36	Commercial Dance II
DNCE 39	Pilates Fundamentals

or DNCE 41	Pilates I
or DNCE 42	Pilates II
or DNCE 43	Pilates III
DNCE 40	Conditioning Through Dance
KINA 8A	Swimming - Beginning
or KINA 8B	Swimming - Intermediate
or KINA 8C	Swimming - Advanced
KINA 14	Water Polo
KINA 20	Aquatic Fitness
KINF 10A	Weight Training - Beginning
or KINF 10B	Weight Training - Intermediate
KINF 19	Strength Training
KINF 25	Core Performance and Foundation Movement
KINF 34A	Cardiorespiratory Training Beginning
or KINF 34B	Cardiorespiratory Training Intermediate
KINF 36A	Circuit Training Beginning
or KINF 36B	Circuit Training Intermediate
KINF 38A	Group Exercise Training - Beginner
or KINF 38B	Group Exercise Training - Intermediate
KINI 4A	Badminton - Beginning
or KINI 4B	Badminton - Intermediate
or KINI 4C	Badminton - Advanced
KINI 18A	Golf - Beginning
or KINI 18B	Golf - Intermediate
or KINI 18C	Golf - Advanced
KINI 25	Mixed Martial Arts
KINI 27A	Jeet Kune Do - Beginning
or KINI 27B	Jeet Kune Do - Intermediate
KINI 29	Self Defense and Martial Arts
KINI 30A	Filipino Martial Arts - Beginning
or KINI 30B	Filipino Martial Arts - Intermediate
KINI 33A	Kickboxing Beginning
or KINI 33B	Kickboxing Intermediate
KINI 34	Women's Self Defense
KINI 37A	Tai Chi Chuan - Beginning
or KINI 37B	Tai Chi Chuan - Intermediate
or KINI 37C	Tai Chi Chuan - Advanced
KINI 40A	Tennis - Beginning
or KINI 40B	Tennis - Intermediate
or KINI 40C	Tennis - Advanced
KINI 50A	Yoga
or KINI 50B	Yoga - Intermediate
KINL 2	Physical Fitness for the Physically Limited
KINL 18	Weight Training for the Physically Limited
KINS 2A	Basketball Beginning
or KINS 2B	Basketball Intermediate
KINS 10A	Beginning Soccer
or KINS 10B	Soccer Intermediate
KINS 12A	Beginning Baseball
or KINS 12B	Intermediate Baseball
KINS 16A	Co-Ed Slow Pitch Softball
or KINS 16B	Co-Ed Slow Pitch Softball Intermediate
KINS 24A	Volleyball - Beginning
or KINS 24B	Volleyball - Intermediate
or KINS 24C	Volleyball - Advanced
KINS 26A	Beach Volleyball - Beginning
or KINS 26B	Beach Volleyball - Intermediate

KINX 88	Pre-Season Athletics
KINX 99	Off-Season Athletics
Must complete at least 18 units from clusters 1 – 3 including activity courses.	
<b>For Area of Emphasis</b>	
Total Units	18

Kinesiology, Athletics, and Dance Website (<http://www.mtsac.edu/kinesiology/>)

### Program Learning Objectives

*Upon successful completion of this program, a student will:*

- Have an understanding of kinesiology, health promotion, and the mechanics of human bodily movement.
- Have an understanding of Anatomy, Nutrition as well as Behavior Development as it applies to Kinesiology.
- Be able to demonstrate competence in several activities.
- Be provided with an opportunity to prepare for transfer or a career in the field of human movement and wellness.
- Be able to examine personal health-related behavioral patterns, select goals, and formulate appropriate health and fitness strategies.

Review Student Learning Outcomes (SLOs) (<http://www.mtsac.edu/instruction/outcomes/sloinfo.html>) for this program.