

KINESIOLOGY AND WELLNESS

The Kinesiology, Athletics and Dance Division has been a leader among community colleges for over 60 years. Our commitment is proven through our excellent student and faculty driven programs. With an Associate in Arts with an Emphasis In Kinesiology, five certificates in the areas of Fitness, Coaching, Athletic Training, Dance Teaching and Pilates we offer a wide range of opportunities within the discipline. We have one of the nation's largest and most successful athletics programs, fielding 20 competitive teams that are an integral part of the College's overall educational offerings. Our student-athletes excel on the field and in the classroom due to the support of our WIN Center, a model academic resource area for our student athletes providing counseling and tutoring opportunities. The renowned dance program is enhanced by award winning faculty and supported by outstanding studios/performance venues across campus. Our Exercise Science/Wellness Center is an advanced educational and performance facility capable of a wide range of theoretical and applied exercise principles. In addition, the division oversees the College's Athletics Special Events, recognized around the world: Mt. SAC Relays, Cross Country Invitational, Footlocker Western Regional Cross Country Championships and LA84 Foundation Youth Days, reaching over 100,000 participants, coaches and spectators, generating millions of dollars into the local economy every year.

Select options in left navigation for information about individual programs.

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