### KINESIOLOGY

(formerly Physical Education)

**Health, Athletics, Wellness, and Kinesiology Division**

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### Associate Degree for Transfer

A Degree with a Guarantee™

### Kinesiology A.A.-T Degree

**Program Description:**

Kinesiology is the academic discipline concerned with the art and science of human movement. Kinesiology may also be listed as Physical Education or Human Performance at some campuses. Students may pursue Bachelor's and graduate degrees with emphasis in adaptive physical education, athletic training, physical therapy, dance, movement sciences, sports management, teaching and coaching which provide numerous career opportunities in both the public and private sectors.

Cabrillo offers options for degrees in Kinesiology. The first option listed below is an Associate in Arts in Kinesiology for Transfer (A.A.-T), which is intended for students who plan to complete a bachelor's degree in a similar major at a CSU campus. Students completing these degrees are guaranteed admission to the CSU system, but not to a particular campus or major. See Associate Degree for Transfer information in the Cabrillo College Catalog. Students pursuing transfer to a specific campus or major concentration should pay careful attention to the courses they choose from List A to insure major preparation for their preferred campus.

The following is required for all A.A.-T or A.S.-T degrees:

- Completion of 60 CSU-transferable semester units.
- Minimum grade-point average (GPA) of at least 2.0 in all CSU-transferable course work. While a minimum of 2.0 is required for admission, some majors may require a higher GPA.
- Completion of a minimum of 18 semester units in the major with a letter grade of “C” or better. A “P” grade is not acceptable for courses in the major.
- Certified completion of the California State University General Education-Breadth pattern (CSU GE Breadth) or the Intersegmental General Education Transfer Curriculum (IGETC) pattern.

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<table>
<thead>
<tr>
<th>Core (11 units)</th>
<th>Units</th>
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</thead>
<tbody>
<tr>
<td>KIN 2</td>
<td>Introduction to Kinesiology</td>
</tr>
<tr>
<td>BIO 4</td>
<td>Human Anatomy</td>
</tr>
<tr>
<td>BIO 5</td>
<td>Human Physiology</td>
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</tbody>
</table>

### Movement Based Courses (3 units)

Choose a maximum of one course each from 3 of the following areas:

- Aquatics, Dance, Fitness, Individual Sports and/or Team Sports:
  - KIN 60A | Beginning Swimming | 3 |
  - KIN 60B | Intermediate Swimming | 0.5 - 2 |
  - KIN 60C | Advanced Swimming | 0.5 - 2 |
  - KIN 61A | Beginning Swim Fitness | 0.5 - 3 |
  - KIN 61B | Intermediate Swim Fitness | 0.5 - 3 |
  - KIN 61C | Advanced Swim Fitness | 0.5 - 3 |
  - DANCE 12A | Choreography I | 0.5 - 3 |
  - DANCE 12B | Choreography II | 0.5 - 3 |
  - KIN 10A | Athletic Training: Injury Prevention, Evaluation and Care | 3 |
  - KIN 27A | Beginning Weight Training | 0.5 - 2 |
  - KIN 27B | Intermediate Weight Training | 0.5 - 2 |
  - KIN 37A | Beginning Hatha Yoga | 0.5 - 2 |
  - KIN 37B | Intermediate Hatha Yoga | 0.5 - 2 |
  - KIN 55 | Sports Conditioning | 0.5 - 3 |
  - KIN 40A | Beginning Golf | 0.5 - 2 |
  - KIN 40B | Intermediate Golf | 0.5 - 2 |
  - KIN 40C | Advanced Golf | 0.5 - 2 |
  - KIN 43A | Beginning Tennis | 0.5 - 2 |
  - KIN 43B | Intermediate Tennis | 0.5 - 2 |
  - KIN 43C | Advanced Tennis | 0.5 - 2 |
  - KIN 47A | Beginning Basketball | 0.5 - 2 |
  - KIN 47B | Intermediate Basketball | 0.5 - 2 |
  - KIN 47C | Advanced Basketball | 0.5 - 2 |
  - KIN 50A | Beginning Soccer | 0.5 - 2 |
  - KIN 50B | Intermediate Soccer | 0.5 - 2 |
  - KIN 50C | Advanced Soccer | 0.5 - 2 |
  - KIN 53A | Beginning Softball | 0.5 - 2 |
  - KIN 53B | Intermediate Softball | 0.5 - 2 |
  - KIN 53C | Advanced Softball | 0.5 - 2 |
  - KIN 54A | Beginning Volleyball | 0.5 - 2 |
  - KIN 54B | Intermediate Volleyball | 0.5 - 2 |
  - KIN 54C | Advanced Volleyball | 0.5 - 2 |

### List A - Choose 6 units from the courses below:

- MATH 12 | Elementary Statistics | 5 |
- MATH 12H | Honors Elementary Statistics | 5 |
- PSYCH 2A | Statistics for Behavioral Sciences | 3 |
- BIO 13B | Biology of People-Human Genetics | 3 |
- CHEM 1A | General Chemistry I | 5 |
Kinesiology A.A. Degree
Model Program for Kinesiology

An Associate Degree requires 60 units appropriate to your educational goal, to include general education and at least 18 units in a major. Courses should be selected to meet the lower-division major preparation requirements at your intended transfer university. These specific requirements can be found at www.assist.org for 4-year public institutions in California. Please see a counselor for advisement to ensure you are taking the best possible courses given your goals.

The department presents the following suggested model program for this major. The courses listed below may or may not be appropriate depending on your specific goal. Please see a counselor for advisement for transfer to any 4-year institution.

Kinesiology A.A. Degree
Model Program for Kinesiology

<table>
<thead>
<tr>
<th>A.A. General Education</th>
<th>30 Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Core Courses (15 units)</td>
<td></td>
</tr>
<tr>
<td>BIO 4 Human Anatomy</td>
<td>4</td>
</tr>
<tr>
<td>BIO 5 Human Physiology</td>
<td>4</td>
</tr>
<tr>
<td>KIN 2 Introduction to Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>KIN Activity Classes</td>
<td>4</td>
</tr>
<tr>
<td>Approved Electives (6 Units)</td>
<td>Units</td>
</tr>
<tr>
<td>KIN 4 Introduction to Personal Training</td>
<td>3</td>
</tr>
<tr>
<td>KIN 8 Weight Management</td>
<td>2</td>
</tr>
<tr>
<td>KIN 10A Athletic Training: Injury Prevention, Evaluation and Care</td>
<td>3</td>
</tr>
<tr>
<td>KIN 10B Athletic Training: Treatment and Rehabilitation of Athletic Injuries</td>
<td>3</td>
</tr>
<tr>
<td>KIN 13 First Aid: Responding to Emergencies</td>
<td>3</td>
</tr>
<tr>
<td>KIN 15 Community Cardio Pulmonary Resuscitation</td>
<td>0.5</td>
</tr>
</tbody>
</table>

Recommended from Related Disciplines (9 Units)

<table>
<thead>
<tr>
<th>Units</th>
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<tbody>
<tr>
<td>CAHM 20 Nutrition</td>
</tr>
<tr>
<td>CHEM 30A Inorganic Chemistry for Health Occupations</td>
</tr>
<tr>
<td>MATH 12 Elementary Statistics</td>
</tr>
<tr>
<td>MATH 12H Honors Elementary Statistics</td>
</tr>
<tr>
<td>PSYCH 1 General Psychology</td>
</tr>
<tr>
<td>PSYCH 1H Honors General Psychology</td>
</tr>
<tr>
<td>PHYS Any Course</td>
</tr>
</tbody>
</table>

Total Units | 60 |

Note: BIO, MATH, CHEM, PHYS and PSYCH courses are also general education courses.

Kinesiology Courses

KIN 2 Introduction to Kinesiology
3 units; 3 hours Lecture
Recommended Preparation: Eligibility for ENGL 100 and READ 100. Repeatability: May be taken 1 time.

Introduces an interdisciplinary approach to the study of human movement. An overview of the importance of the sub-disciplines in kinesiology will be discussed along with career opportunities in the area of teaching, coaching, allied health, and fitness professions.

Transfer Credit: Transfers to CSU. C-ID KIN 100

KIN 3 Introduction to College and Intercollegiate Athletics
3 units; 3 hours Lecture
Recommended Preparation: Eligibility for ENGL 100 and READ 100. Repeatability: May be taken 1 time.

Introduces college requirements, college services, community college eligibility requirements, and NCCA/NAIA transfer regulations for intercollegiate student athletes. Study skills instruction and academic planning included.

Transfer Credit: Transfers to CSU.

KIN 4 Introduction to Personal Training
3 units; 3 hours Lecture
Recommended Preparation: Eligibility for ENGL 100 and READ 100. Repeatability: May be taken 1 time.

Prepares students to pass a national exam in Personal Training (NSCA, NASM, ACE). Topics include health screening, strength/fitness assessment, basic exercise science and program design. Appropriate for students considering careers in personal training, group exercise, physical therapy, and athletic training. Some of the class hours for this course may be scheduled as To Be Arranged (TBA). See the Schedule of Classes for the details about this course offering.

Transfer Credit: Transfers to CSU.

KIN 8 Weight Management
2 units; 1 hour Lecture, 2 hours Laboratory
Recommended Preparation: Eligibility for ENGL 100 and READ 100. Repeatability: May be taken 1 time.

Provides education, instruction, and support in weight management that uses an integrated approach among the disciplines of exercise science, nutrition, and behavioral modification.

Transfer Credit: Transfers to CSU.

KIN 10A Athletic Training: Injury Prevention, Evaluation and Care
3 units; 3 hours Lecture
Recommended Preparation: BIO 4; Eligibility for ENGL 100 and READ 100. Repeatability: May be taken 1 time.

Introduces the profession of athletic training including recognition, initial care, rehabilitation, and taping techniques of common athletic injuries. Athletic injury prevention will be emphasized through pre-participation physical exams, exercise, programs, preventative taping and wrapping, proper fitting of equipment, and protective braces.

Transfer Credit: Transfers to CSU; UC.