



**SANTA ANA**  
**COLLEGE**

## KINESIOLOGY DEGREE

A.A. DEGREE

### Description

This program is designed to prepare students for transfer into baccalaureate degree programs in Kinesiology or entry-level health, sports, and fitness-related jobs. The focus is on preparing students to be able to articulate understanding of scientific foundations of Kinesiology, distinguish between Kinesiology-related careers, and demonstrate movement skills competence. Students receive exposure to the sources of knowledge in Kinesiology through scholarly study of physical activity and physical activity experience. The student is introduced to courses that promote healthy lifestyle choices and an active mind and body. Curriculum content may include the introduction to Kinesiology, nutrition, health awareness, sports medicine, physiology of exercise, and activity courses. The following classes can lead to obtaining a degree in the areas of exercise science, sports medicine-athletic training, physical therapy, kinesiology, sports management, coaching, or allied health-related and fitness-related vocations.

### TRANSFER PLAN

Courses required to complete an associate degree at Santa Ana College in Kinesiology may not fulfill courses required by four-year universities to complete a baccalaureate degree. The Kinesiology Department at Santa Ana College recommends that students interested in transferring to a four-year institution consult with a counselor prior to beginning their courses of study.

### Program Learning Outcomes

Upon successful completion of this program, students will be able to:

1. Students will be able to describe the role of Kinesiology/Physical Education in health promotion and disease prevention.
2. Students will be able to demonstrate competence in several physical activities and proficiency in at least 1 physical activity.
3. Students will be able to synthesize knowledge of the 6 components of well being to discriminate between healthy and detrimental lifestyle choices.

### Degree Requirements:

Required Core Courses		Units: (15 Required)
KNPR101	Introduction to Kinesiology	3
KNHE101 or	Healthful Living	3
KNHE102	Women's Health Issues	3
KNHE104	Nutrition and Fitness	2
KNHE106	Cardiopulmonary Resuscitation and First Aid	3
BIOL149 or	Human Anatomy and Physiology	4
BIOL239	General Human Anatomy	4
<b>Movement Based Courses: Must include 6 units from at least 3 different areas: KNAC, KNAD, KNAF, KNAQ, KNFI, and/or KNIA. Make an appointment with the Kinesiology Department Chair to discuss matching physical activity course to your career goals.</b>		<b>Units: (6 Required)</b>
<b>Professional Studies Elective Courses. Complete a minimum of 4 classes. (8-12 units)</b>		<b>Units: (8 - 12 Required)</b>
KNPR125	Sport Psychology	3
KNPR140	Movement Education for Elementary School Children	3
KNPR150	Sport and Society	3
KNPR160	Management of Physical Education and Sport	3
KNPR170	Sport Ethics	3
KNPR202	Introduction to Personal Training	3
KNPR205	Techniques of Exercise Leadership	1
KNSM101	Introduction to Sports Medicine	3
KNPR110	Kinesiology-related Occupational Work Experience	1 - 8
		<b>Total: 29.00 - 33.00</b>

### Approval Dates:

**CIC Approval Date:** 12/04/2017