

# KINESIOLOGY ASSOCIATE OF ARTS DEGREE

The Kinesiology Associate of Arts Degree provides students with an education in the core aspects of the Exercise of Science, Pedagogical, and Health and Human Performance. Lecture and laboratory course content offers a comprehensive understanding of the human body and wellness. This degree will prepare students to transfer to a 4-year institution, enter the workforce, and establish lifelong healthy and fit lifestyle habits.

Code	Title	Units
<b>Required Courses:</b>		
KIN 200	Introduction to Kinesiology	3
PSYCH 100	General Psychology	3
	or PSYCH 100H General Psychology - Honors	
<b>One Health Course from the Following:</b>		
HEALTH 100	Introduction to Public Health	3
HEALTH 101	Personal Health and Wellness	3
HEALTH 103	Introduction to Holistic Health	3
HEALTH 104	Women's Health	3
<b>One Biology Course Sequence:</b>		
BIOL 250 & BIOL 251	Human Anatomy and Physiology I and Human Anatomy and Physiology II	8
BIOL 260 & BIOL 261	Human Anatomy and Human Physiology	8
<b>Kinesiology - Fitness: One Course from the Following: (1 unit minimum)</b>		
KINF 100A	Beginning Pilates Mat	1
KINF 100B	Intermediate Pilates Mat	1
KINF 100C	Advanced Pilates Mat	1
KINF 101A	Beginning Boxing for Fitness	1
KINF 101B	Intermediate Boxing for Fitness	1
KINF 101C	Advanced Boxing for Fitness	1
KINF 102A	Beginning Spinning	1
KINF 102B	Intermediate Spinning	1
KINF 102C	Advanced Spinning	1
KINF 105A	Beginning Low Impact Aerobics	1
KINF 105B	Intermediate Low Impact Aerobics	1
KINF 105C	Advanced Low Impact Aerobics	1
KINF 108A	Beginning Weight Training	1
KINF 108B	Intermediate Weight Training	1
KINF 108C	Advanced Weight Training	1
KINF 112A	Beginning Body Conditioning	1
KINF 112B	Intermediate Body Conditioning	1
KINF 112C	Advanced Body Conditioning	1
KINF 115A	Beginning HIIT	1
KINF 115B	Intermediate HIIT	1
KINF 115C	Advanced HIIT	1
KINF 127A	Beginning Walking for Fitness	1
KINF 127B	Intermediate Walking for Fitness	1
KINF 127C	Advanced Walking for Fitness	1
KINF 132A	Beginning Distance Running	1
KINF 132B	Intermediate Distance Running	1

KINF 132C	Advanced Distance Running	1
KINF 138A	Beginning Physical Fitness	1
KINF 138B	Intermediate Physical Fitness	1
KINF 138C	Advanced Physical Fitness	1
KINF 142A	Beginning Conditioning for Sports	1
KINF 142B	Intermediate Conditioning for Sports	1
KINF 142C	Advanced Conditioning for Sports	1
KINF 154A	Beginning Hiking for Fitness	1
KINF 154B	Intermediate Hiking for Fitness	1
KINF 154C	Advanced Hiking for Fitness	1
KINF 168A	Beginning Yoga	1
KINF 168B	Intermediate Yoga	1
KINF 168C	Advanced Yoga	1
KINF 184A	Beginning Karate	1
KINF 184B	Intermediate Karate	1
KINF 184C	Advanced Karate	1
KINF 190A	Beginning Tai Chi	1
KINF 190B	Intermediate Tai Chi	1
KINF 190C	Advanced Tai Chi	1
<b>Kinesiology - Sports or Athletics: One Course from the Following:</b>		
KINS 100A	Beginning Baseball	1
KINS 100B	Intermediate Baseball	1
KINS 100C	Advanced Baseball	1
KINS 103A	Beginning Badminton	1
KINS 103B	Intermediate Badminton	1
KINS 103C	Advanced Badminton	1
KINS 104A	Beginning Basketball	1
KINS 104B	Intermediate Basketball	1
KINS 104C	Advanced Basketball	1
KINS 107A	Beginning Ultimate Frisbee	1
KINS 107B	Intermediate Ultimate Frisbee	1
KINS 107C	Advanced Ultimate Frisbee	1
KINS 108A	Beginning Football	1
KINS 108B	Intermediate Football	1
KINS 108C	Advanced Football	1
KINS 110A	Beginning Futsal	1
KINS 110B	Intermediate Futsal	1
KINS 110C	Advanced Futsal	1
KINS 112A	Beginning Indoor Soccer	1
KINS 112B	Intermediate Indoor Soccer	1
KINS 112C	Advanced Indoor Soccer	1
KINS 116A	Beginning Soccer	1
KINS 116B	Intermediate Soccer	1
KINS 116C	Advanced Soccer	1
KINS 120A	Beginning Softball	1
KINS 120B	Intermediate Softball	1
KINS 120C	Advanced Softball	1
KINS 124A	Beginning Volleyball	1
KINS 124B	Intermediate Volleyball	1
KINS 124C	Advanced Volleyball	1
KINS 150A	Beginning Table Tennis	1
KINS 150B	Intermediate Table Tennis	1

KINS 150C	Advanced Table Tennis	1	KINX 132CX3	Intercollegiate Track and Field - Men Off-Season Athletics	1
KINX 110AX3	Intercollegiate Cross Country - Men	3	KINX 133AX3	Intercollegiate Track and Field - Women	3
KINX 110BX3	Intercollegiate Cross Country - Men Pre-Season Athletics	1	KINX 133BX3	Intercollegiate Track and Field - Women Pre-Season Athletics	2
KINX 110CX3	Intercollegiate Cross Country - Men Off-Season Athletics	2	KINX 133CX3	Intercollegiate Track and Field - Women Off-Season Athletics	1
KINX 111AX3	Intercollegiate Cross Country - Women	3	<b>Electives - Two Courses:</b>		
KINX 111BX3	Intercollegiate Cross Country Women Pre-Season Athletics	1	CHEM 101	Introductory Chemistry	4
KINX 111CX3	Intercollegiate Cross Country - Women Off-Season Athletics	2	FN 162	Introduction to Food and Nutrition	3
KINX 112AX3	Intercollegiate Football - Offense	3	KIN 101	Sports Psychology	3
KINX 112BX3	Intercollegiate Football - Offense Pre-Season Athletics	1	KIN 104	Exercise Nutrition	3
KINX 112CX3	Intercollegiate Football - Offense Off-Season Athletics	2	KIN 106	Athletic Administration	3
KINX 113AX3	Intercollegiate Football - Defense	3	KIN 202	History of Physical Education and Sport in the United States	3
KINX 113BX3	Intercollegiate Football - Defense Pre-Season Athletics	1	KIN 203	Theory of Coaching	3
KINX 113CX3	Intercollegiate Football - Defense Off-Season Athletics	2	KIN 205	Sports Management	3
KINX 114AX3	Intercollegiate Soccer - Men	3	KIN 231	First Aid and CPR	3
KINX 114BX3	Intercollegiate Soccer - Men Pre-Season Athletics	1	KIN 232	Prevention and Care of Athletic Injuries	3
KINX 114CX3	Intercollegiate Soccer - Men Off-Season Athletics	2	KIN 236	Stress Management and Wellness	3
KINX 115AX3	Intercollegiate Soccer - Women	3	<b>Total Units</b>		<b>25-28</b>
KINX 115BX3	Intercollegiate Soccer - Women Pre-Season Athletics	1	<i>Note: CHEM 101 or CHEM 105 are required prerequisites for BIOL 261.</i>		
KINX 115CX3	Intercollegiate Soccer - Women Off-Season Athletics	2	To earn an SBVC Associate Degree students must complete one of the following general education patterns:		
KINX 116AX3	Intercollegiate Volleyball - Women	3	SBVC GE requirements ( <a href="https://www.valleycollege.edu/student-services/counseling/graduation-requirements/">https://www.valleycollege.edu/student-services/counseling/graduation-requirements/</a> )		
KINX 116BX3	Intercollegiate Volleyball - Women Pre-Season Athletics	1	CSU GE requirements ( <a href="https://www.valleycollege.edu/student-services/counseling/csuge/">https://www.valleycollege.edu/student-services/counseling/csuge/</a> )		
KINX 116CX3	Intercollegiate Volleyball - Women Off-Season Athletics	2	IGETC requirements ( <a href="https://www.valleycollege.edu/student-services/counseling/igetc/">https://www.valleycollege.edu/student-services/counseling/igetc/</a> )		
KINX 120AX3	Intercollegiate Basketball - Men, Fall	1.5	<b>Program Learning Outcomes</b>		
KINX 120BX3	Intercollegiate Basketball - Men, Spring	1.5	<b>At the completion of this program, students will be able to:</b>		
KINX 120CX3	Intercollegiate Basketball - Men Pre-Season Athletics	1.5-2	a. Create a personal philosophy and approach to integrating principles of Kinesiology.		
KINX 120DX4	Intercollegiate Basketball - Men Off-Season Athletics	0.5-1	b. Use exercises to demonstrate knowledge of how the body functions and performs.		
KINX 121AX3	Intercollegiate Basketball - Women, Fall	1.5	c. Apply the study of kinesiology to prepare for the disciplines of pedagogy, exercise science, human health movement.		
KINX 121BX3	Intercollegiate Basketball - Women, Spring	1.5			
KINX 121CX3	Intercollegiate Basketball - Women Pre-Season Athletics	1.5-2			
KINX 121DX4	Intercollegiate Basketball - Women Off-Season Athletics	0.5-1			
KINX 130AX3	Intercollegiate Baseball	3			
KINX 130BX3	Intercollegiate Baseball Pre-Season Athletics	2			
KINX 130CX3	Intercollegiate Baseball Off-Season Athletics	1			
KINX 131AX3	Intercollegiate Softball	3			
KINX 131BX3	Intercollegiate Softball Pre-Season Athletics	2			
KINX 131CX3	Intercollegiate Softball Off-Season Athletics	1			
KINX 132AX3	Intercollegiate Track and Field - Men	3			
KINX 132BX3	Intercollegiate Track and Field - Men Pre-Season Athletics	2			