

## KINESIOLOGY (KINS)

### About the program

This program is designed to provide students with an introduction to the academic discipline of Kinesiology and the scientific study of human movement. The AA degree provides a foundation in the fundamentals of human anatomy, physiology, and exercise movement. A bachelor's degree in Kinesiology can lead to careers in exercise science, athletic training, research, personal trainer, and as a teacher and/or coach.

### Degrees/Certificates within this Program:

- Associate in Arts in Kinesiology for Transfer

### Transfer Opportunities

Learn more about transferring with an Associate Degree for Transfer at [www.adegreewithaguarantee.com](http://www.adegreewithaguarantee.com) and [www.redwoods.edu/transfer](http://www.redwoods.edu/transfer)

### For more information

- Counseling & Advising, 707-476-4150

### Associate in Arts in Kinesiology for Transfer

	Units	CSU GE	IGETC Area	C-ID Descriptor
<b>Required Core</b>	<b>14.0</b>			
KINS 65 Foundations of Kinesiology	3.0			KIN 100
BIOL 6 Human Anatomy	4.0			BIOL 110B
BIOL 7 Human Physiology	4.0			
<b>Movement Based Courses</b> <i>Select one course maximum from any three of the following areas</i>	3.0			
<b>Combatives</b>				
PE 14 Defensive Tactics	1.0			
PE 15 Women's Self-Defense	1.0			
<b>Dance</b>				
PE 36 Hip-Hop Dance	1.0			
<b>Fitness</b>				
PE 9 Hiking	1.0			
PE 10 Running and Walking	1.0			
PE 10 Running and Walking	1.0			
PE 12 Weight Training	1.0			
PE 32 Circuit Training	1.0			
<b>Individual Sports</b>				
PE 8A Beginning Golf	1.0			
PE 11 Tennis	1.0			
PE 27 Power Weight Lifting	1.0			
<b>Team Sports</b>				
PE 21 Basketball	1.0			
PE 22 Soccer	1.0			
PE 25 Volleyball	1.0			
<b>List A: Select two</b>	<b>7.0-9.0</b>			
MATH 15* Introduction to Statistics	4.0	B4	2A	MATH 110
CHEM 1A* General Chemistry	5.0	B1, B3	5A, 5C	CHEM 110
or CHEM 2* intro to Chemistry	5.0	B1, B3	5A, 5C	CHEM 101
PHYS 2A* General Physics	4.0	B1, B2, B3	5A, 5C	PHYS 105
or PHYS 4A* Calculus Based Physics: Mechanics	4.0	B1, B3	5A, 5C	PHYS 205
HE 7 Emergency Response: First Aid/CPR/AED	3.0			KIN 101
<b>Total Units for the Major:</b>	<b>21.0-23.0</b>			
General Education (CSU GE or IGETC) units:		39.0	37.0	
Elective (UC or CSU Transferable) Units		as needed to complete 60 units total		
Total Degree Units (maximum):		60.0	60.0	

\*Course may be double counted toward General Education.

### Suggested Program Sequence

For information about the program length and suggested sequence of courses for this degree, please see an Academic Advisor.

### Program Learning Outcomes

- Explain the anatomical structure and the physiological mechanism of the human body.
- Apply the techniques and principles of the components of fitness and demonstrate knowledge in at least three areas of physical fitness.
- Identify career and / or educational options in physical education, and formulate an action plan to successfully pursue and attain those options.