

# KINESIOLOGY

## Curriculum Guide for Academic Year 2020-2021

### Table of Contents

Associate in Arts Degree, p. 1  
 Certificate of Accomplishment, p. 3  
     Athletic Coaching, p. 3  
     Personal Trainer, p. 4  
 Career Opportunities, p. 4  
 Program Mission and Outcomes, p. 4

Students planning to **transfer** to a four-year college or university should refer to the ASSIST web site at [www.assist.org](http://www.assist.org) and **consult a counselor** before beginning a program of study. Please call 562-938-4561 for the LAC, or 562-938-3920 for PCC to schedule a meeting with a counselor. Students may also wish to visit the Transfer Center on either campus.

### Program of study leading to: Associate in Arts (A.A.) Degree

<u>REQUIRED COURSES</u>		UNITS	In Progress	Completed Grade
KINPP 1	Introduction to Kinesiology	3		
KINPP 4	Lifetime Wellness Principles	3		
KINPP 23	First Aid and Safety	3		
<b>Subtotal Units</b>		<b>9</b>		

#### SELECT 6 UNITS FROM THE FOLLOWING:

KINPP 5	Sports Appreciation	3		
KINPP 7	Introduction to Community Recreation	3		
KINPP 8	Stress Management Through Physical Activity	3		
KINPP 10	Prevention & Care of Athletic Injuries	3		
KINPP 12	Techniques of Physical Fitness	2		
KINPP 14	Theory of Athletic Coaching	3		
KINPP 15	Sports Officiating-Fall	3		
KINPP 17	Sports Officiating-Spring	3		
KINPF 81	Fitness & Wellness Center	1		
<b>Subtotal Units</b>		<b>6</b>		

**IN ADDITION, complete NINE (9) UNITS from at least FOUR (4) of the following categories:**

#### ACTIVITY THEORY CATEGORY

		UNITS		
KINPP 70A	Exercise Science & Fitness Assessment	3		
KINPP 70B	Fitness Program Design & Instruction	3		
KINPP 230	Kinesiology Practicum	3		
KINPP 233	Techniques of Strength and Conditioning	3		

#### AQUATICS CATEGORY

		UNITS		
KING 55	Lifeguard/Water Safety Training	4		
KING 76	Swimming	1		
KINPF 3	Aqua Calisthenics	1		
KINPF 4	Deep Water Aerobics	1		
KINPF 42	Swim Fitness	1		

#### INDIVIDUAL AND DUAL ACTIVITIES CATEGORY

		UNITS		
KING 10	Badminton	1		
KING 10B	Badminton	1		
KING 84	Tennis	1		

**COMBATIVES CATEGORY**

KING 65	Martial Arts	1		
KING 65B	Martial Arts	1		
KING 66	Self Defense	1		
KING 66B	Self Defense	1		

**UNITS****FITNESS CATEGORY**

KINA 1	PE for the Physically Limited	1		
KINPF 6	Cardio Fitness	1		
KINPF 8	Circuit Weight Training	1		
KINPF 8B	Circuit Weight Training	1		
KINPF 10	Stretch & Relaxation	1		
KINPF 10B	Stretch & Relaxation	1		
KINPF 12	Core Conditioning	1		
KINPF 12B	Core Conditioning	1		
KINPF 14	Yoga	1		
KINPF 17	Jogging	1		
KINPF 17B	Jogging	1		
KINPF 18	Triathlon Training	1		
KINPF 18B	Triathlon Training	1		
KINPF 21	Low Impact Cardio	1		
KINPF 22	Physical Fitness	1		
KINPF 22B	Physical Fitness	1		
KINPF 23	Cycling Conditioning	1		
KINPF 24	Cardio Cross-Fit	1		
KINPF 53	Resistance Training	1		
KINPF 53B	Resistance Training	1		
KINPF 54	Weight Training	1		
KINPF 54B	Weight Training	1		
KINPF 84A	Fitness & Wellness	2		
KINPF 84B	Fitness & Wellness	2		

**UNITS****TEAM SPORTS CATEGORY**

KING 2	Ultimate Frisbee	1		
KING 2B	Ultimate Frisbee	1		
KING 14	Basketball	1		
KING 14B	Basketball	1		
KING 70	Soccer	1		
KING 70B	Soccer	1		
KING 74	Softball	1		
KING 86	Touch Football	1		
KING 90	Volleyball	1		
KING 90B	Volleyball	1		
KING 92	Sand Volleyball	1		
KING 92B	Sand Volleyball	1		
KING 94	Rugby	1		

**UNITS****INTERCOLLEGIATE ATHLETICS CATEGORY**

KINIA 1AD	Baseball: Men	3		
KINIA 2AD	Off Season Athletic Conditioning	.5-3		
KINIA 3AD	Basketball: Men	3		
KINIA 4AD	Pre-Season for Athletes	.5-3		
KINIA 5AD	Cross Country: Men	3		
KINIA 7AD	Football: Men	3		
KINIA 13AD	Soccer: Men	3		
KINIA 15AD	Swimming: Men	3		
KINIA 19AD	Track & Field: Men	3		
KINIA 21AD	Volleyball: Men	3		
KINIA 23AD	Water Polo: Men	3		

**UNITS**

KINIA 27AD	Basketball: Women	3		
KINIA 29AD	Cross Country: Women	3		
KINIA 33AD	Beach Volleyball: Woman	3		
KINIA 35AD	Soccer: Women	3		
KINIA 37AD	Softball: Women	3		
KINIA 39AD	Swimming: Women	3		
KINIA 41AD	Tennis: Women	3		
KINIA 43AD	Track & Field: Women	3		
KINIA 45AD	Volleyball: Women	3		
KINIA 47AD	Water Polo: Women	3		
<b>Subtotal Units</b>		<b>9</b>		
<b>TOTAL</b>		<b>24</b>		

For graduation with an **Associate in Arts (A.A.) Degree with a major in Kinesiology:**

- Minimum Unit Requirements:** §Any course that appears on a curriculum guide and the General Education Pattern (Plan A) may fulfill both major and general education requirements (Approved by College Curriculum Committee Spring 2012). For this degree, complete a minimum of 60 units in courses numbered 1-599. Please note that additional elective units may be required to meet this minimum based upon courses selected to fulfill General Education for the Associate Degree.

Kinesiology:      **24 units**  
General Education/A.A. §      **25 units**

- Scholarship:** Maintain an **overall grade point average (GPA) of 2.0** ("C" average) based on all accredited college work applied to the degree, no matter where completed. For this **field of concentration, complete each course above with a grade of "C" or better**, or "P" if course is graded on a P/NP basis.
- Residence for the Degree:** Complete at least 12 semester units of the required 60 semester units in residence at Long Beach City College in order for the college to grant an Associate of Arts and/or an Associate of Science Degree.
- Residence for the Field of Concentration:** Complete fifty percent (50%) or more of the unit requirements for this field of concentration in residence; this means at **least 9 units** of the required 18 must be **completed at Long Beach City College**. Credit earned by exam, where applicable, may be included.
- General Education and Proficiency Requirements:** Complete the required A.A./A.S. General Education and Proficiency requirements\*, otherwise known as "Plan A". For Plan A requirements, refer to the general catalog or view it online at <http://osca.lbcc.edu>.
- Complete and submit the degree application form to the Admissions and Records office during your final semester of course work. These forms are available in the Admissions and Records office, or online at <http://admissions.lbcc.edu/>. Refer to the Schedule of Classes (<http://schedule.lbcc.edu>) and click the "Important Dates" link to view the actual deadline for each semester.

\*The requirements for general education/proficiency and the field of concentration (major) need to be from the same catalog year. This catalog year may be any year between the years of initial enrollment to the present, provided continuous enrollment is maintained throughout. See the catalog for definition of "continuous enrollment".

For students planning to pursue a Bachelor of Arts degree in Kinesiology, the following courses are often required:

ANAT 1	Human Anatomy	4		
PHYSI 1	Human Physiology	5		
PSYCH 1	Introduction to Psychology	3		

### Program of study leading to: **Certificate of Accomplishment**

**Certificate: Athletic Coaching 4701**

<b>REQUIRED COURSES</b>		<b>UNITS</b>	<b>In Progress</b>	<b>Completed Grade</b>
KINPP 5	Sports Appreciation	3		
KINPP 14	Theory of Athletic Coaching	3		
KINPP 15	Sports Officiating - Fall	3		
KINPP 17	Sports Officiating - Spring	3		
KINPP 23	First Aid & Safety Education	3		
<b>TOTAL UNITS</b>		<b>15</b>		

**Certificate: Personal Trainer 4700**

<b>REQUIRED COURSES</b>		<b>UNITS</b>	<b>In Progress</b>	<b>Completed Grade</b>
KINPP 70A	Exercise Science and Fitness Assessment	3		
KINPP 70B	Fitness Program Design and Instruction	3		
KINPP 23	First Aid & Safety Education	3		
KINPP 233	Techniques of Strength and Conditioning	3		
KINPP 230	Kinesiology Practicum	3		
NUTR 26	Nutrition for the Active Person	1		
<b>TOTAL UNITS</b>		<b>16</b>		

For graduation with a **Certificate of Accomplishment**:

1. Complete the above required courses with a minimum grade of "C", or "P" if course is graded on a P/NP basis and a minimum grade point average of 2.0.
2. Fifty percent (50%) or more of the required units must be completed in residence at LBCC. Complete and submit the certificate application form to the Admissions and Records office during your final semester of course work. These forms are available in the Admissions and Records office, or online at <http://admissions.lbcc.edu>.

### **Career Opportunities**

Kinesiology is the study of the mechanics of body movement. A Kinesiology Associates Degree prepares students for entry-level positions as physical activity specialists in fitness, health, and medical settings (e.g. health clubs, rehabilitative exercise centers, sports medicine clinics); educational settings (e.g. elementary and secondary schools); and community service agencies (e.g. YMCAs, Boys and Girls Clubs, neighborhood recreation centers, private and public camps).

Typical employment opportunities may include:

Activity Specialist, Adaptive Physical Education Aide, Aerobic Dance Instructor, Athletic Club Manager, Athletic Equipment Salesperson, Athletic Team Manager, Athletic Trainer Assistant, Camp Counselor/Director, Coach, Correctional Officer, Corrective Therapist, Emergency Medical Technician, Exercise Instructor, Fire Fighter, Fitness Club Instructor Health Club Staff Member, Massage Therapist, Park Director, Personal Trainer, Physical Education Aide, Physical Therapy Aide, Police Officer, Professional Athlete, Public Health Educator, Recreation Leader/Director, Recreation Therapist, Recruiter, School Activity Assistant/Aide, Scout, Sports Official, Sports Shop Owner/Operator, Sportswriter/Announcer, Stunt Performer, Summer Recreation or Sport Activity Instructor

### **Program Mission and Outcomes**

The mission of the Department of Kinesiology is to prepare students in the study of exercise, physical activity and sport and to educate students in the study of human movement and provide students with an opportunity to prepare for transfer or a career in the field of human movement and wellness.

Program Outcomes:

1. Demonstrate proficiencies in skills needed in activities.
2. Examine and evaluate physical activities and their relationship to wellness and fitness.
3. Recognize various career opportunities in the field of human movement.