The Department of Kinesiology and Athletics provides opportunities for students to participate in activity classes, pursue a professional career, transfer and compete in intercollegiate athletics. A variety of activity courses are offered to meet the interest and needs of all students as they fulfill the general education requirements, kinesiology activity class graduation requirements, or their desire to maintain lifetime fitness.

An Associate of Arts Degree is available. The A.A. degree can be obtained by completing a total of 60 units, which includes the 18-23 unit major, general education requirements and electives. This program, along with the A.A.-T. in Kinesiology, is also designed to allow students to transfer into baccalaureate programs in kinesiology or related areas. The department also provides a 16 unit certificate of achievement in personal training.

Professional fields include teaching, coaching, athletic training, physical therapy, exercise physiology, motor learning, sports management, sports psychology and personal fitness training. These careers could provide employment with educational institutions, commercial health clubs, private/public fitness and sports centers, recreation departments and sports teams.

Gavilan College offers a variety of intercollegiate sports for men and women. We compete in the Coast Conference which is a member of the California Community College Athletic Association. Students participate for a variety of reasons, including the desire to compete at the intercollegiate level and for the opportunity to earn an academic or athletic scholarship at the 4-year level.

Degrees and Certificates Offered:

- Kinesiology, Education Option: Associate in Arts (A.A.)
- Kinesiology, Sports Management Options: Associate in Arts (A.A.)
- Kinesiology, Sports Medicine Option: Associate in Arts (A.A.)
- Personal Training: Certificate of Achievement

Whether students are majoring in Kinesiology with an emphasis in Education, Sports Management, or Sports Medicine; wanting to meet their transfer requirements by utilizing our new Associate in Arts in Kinesiology for Transfer degree; desiring a competitive intercollegiate athletic experience; or just wanting enrichment opportunities, the staff remains dedicated to providing the best instruction possible. Students will be able to obtain several objectives through key opportunities:

- Opportunities exist for students to satisfy degree requirements.
- Opportunities exist for students to develop cognitive and motor skills required to perform activities that enhance lifelong health and fitness.
- Opportunities exist for students to develop an individualized approach to fitness that includes flexibility, muscular strength training, and cardiovascular endurance.
- Opportunities exist for students to learn how to develop the components of a healthy lifestyle including stress management, nutrition, social interactions and physiological principles of exercise.
- Opportunities exist for students to compete at the intercollegiate level.
Upon completion of this degree, students will be prepared to transfer into the CSU system to pursue a BA/BS in Kinesiology. It is the desire of the Kinesiology and Athletics Department to contribute to the continued growth and development of each student by providing opportunities that advance the physical, mental, social, and emotional rewards that result from a comprehensive experience in higher education.

Program Learning Outcomes: After completing Associate in Arts in Kinesiology for Transfer you will be able to:

- list and describe five career options available in the field of kinesiology.
- describe and critically analyze the role of physical activity and its impact on health, society and quality of life.
- discuss the history and broad content within the discipline of kinesiology and develop skills to enable the synthesis of concepts across disciplines.
- identify critical elements of motor skill performance, combine motor skills into appropriate sequences for the purpose of improving skill learning, and demonstrate competent motor skill performance in a variety of physical activities.
- identify the skeletal and muscular structures of the human body.
- utilize measurement concepts (qualitative and quantitative) to assess student/client performance and program effectiveness.
- describe and demonstrate effective verbal and nonverbal communication skills.

REQUIREMENTS:

CORE COURSES: 14 units, including Movement Based Courses

KIN 2  Introduction to Kinesiology (3 units)
BIO 7  Human Anatomy (4 units)
BIO 9  Human Physiology (4 units)

Movement Based Courses – Select a maximum of one (1) course from any three (3) of the following areas for a maximum of three (3 units):

- Aquatics (1 unit):
  KIN 16  Swimming (1 unit), or KIN 61 Swim for Fitness (1 unit)
- Combatives (1 unit)
  KIN 39 Fencing (1 unit) or KIN 83 Karate (1 unit)
- Fitness (1 unit)
  KIN 24 Individualized Weight Training (1 unit), KIN 44 Aerobics (1 unit), KIN62 Yoga (1 unit), KIN 70 Pilates (1 unit), or KIN 75 Sports Conditioning (1 unit)
- Individual Sports (1 unit)
  KIN 17 Golf (1 unit), KIN 18 Tennis (1 unit), KIN 19 Badminton (1 unit)
- Team Sports (1 unit)
  KIN 21 Volleyball (1 unit), KIN 25 Soccer (1 unit), KIN 27 Basketball (1 unit), KIN 37 Softball (1 unit), KIN 77 Football (1 unit)

Select 6 units from the following: (These courses may also count toward GE Requirements.)

- MATH 5  Introduction to Statistics (3 unit)
- BIO 12  Introduction to Human Biology (4 unit)
- CHEM 1A or CHEM 1B  General Chemistry (5 unit)
- CHEM 12A or CHEM 12B  Organic Chemistry (5 unit)
- PHYS 2A or PHYS 2B  General Physics I and II (4 unit)
- AH 30  Standard First Aid and Cardiopulmonary Resuscitation (2 units)
  or
- AH 32  Basic Cardiac Life Support (3 units)

ALL ADT DEGREES REQUIRE:

1. Completion of 60 semester units or 90 quarter units that are eligible for transfer to the California State University, including both of the following:

   A. The Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education – Breadth Requirements.

   B. A minimum of 18 semester units or 27 quarter units in a major or area of emphasis, as determined by the community college district.

2. Attainment of a minimum grade point average of 2.0.

ADTs also require that students must earn a C or better in all courses required for the major or area of emphasis. A “P” (Pass) grade is an acceptable grade for courses in the major.
Kinesiology
Associate Degree (A.A.)

An Associate of Arts Degree, with four choices of area of emphasis - Education, Sports Management, Sports Medicine, or Personal Training/Fitness - can be obtained by completing a total of 60 units, which includes the 18 - 20 units major in Kinesiology, general education requirements, and electives. This program, along with the AA-T in Kinesiology, is also designed to allow students to transfer into baccalaureate programs in kinesiology/physical education at CSU and many independent and/or out-of-state colleges and universities. The department also provides an 18 unit certificate of achievement in personal training.

Students should note that each college and university has its own admission, general education, and lower-division major requirements that must be completed prior to transfer, and that these requirements vary greatly from institution to institution. Students have several options for completing their General Education requirements. Following are the patterns most commonly used by Gavilan College transfer students: California State University’s (CSUs) General Education Requirements for a B.A./B.S., Intersegmental General Education Transfer Curriculum (IGETC), and Transfer Admission Agreements. Students should consult with a Gavilan College counselor to determine which general education pattern is appropriate for their major in Kinesiology.

Program Learning Outcomes: After completing the Kinesiology major a student will be able to:

- list and describe five career options available in the field of kinesiology.
- describe and critically analyze the role of physical activity and its impact on health, society and quality of life.
- discuss the history and broad content within the discipline of kinesiology and develop skills to enable the synthesis of concepts across disciplines.
- identify critical elements of motor skill performance, combine motor skills into appropriate sequences for the purpose of improving skill learning, and demonstrate competent motor skill performance in a variety of physical activities.
- identify the skeletal and muscular structures of the human body.
- utilize measurement concepts (qualitative and quantitative) to assess student/client performance and program effectiveness.
- describe and demonstrate effective verbal and nonverbal communication skills.

REQUIRED CORE: (10 Units)
KIN 2 Introduction to Kinesiology (3 units)
BIO 15 Survey of Human Anatomy and Physiology (5 units)

KINESIOLOGY ACTIVITY COURSES
(A minimum of 2 units from 2 different activities.

LIST A: AREAS OF EMPHASIS: (6 UNITS)

Education:
KIN 5 Individual and Dual Sports (3 units) OR
KIN 8 Introduction to Sports Psychology (3 units)
HE 1 Health Education (3 units) OR
KIN 6 Games and Rythms for Children (3 units)

Sports Management:
KIN 7 Theory of Sports Management (3 units)
KIN 5 Individual and Dual Sports (3 units) OR
KIN 15 Sports and Society (3 units)

Sports Medicine:
KIN 3 Introduction to Athletic Training (4 units)
KIN 4A Athletic Training Practicum I (2 units)

Personal Training/Fitness:
KIN 84 Assessment of Fitness Techniques (3 units)
KIN 85 Concepts/Program Design of Strength/Cardiovascular Fitness (3 units)

LIST B: (2-4 UNITS)
Choose one (1) of the following if not used above:
KIN 3 Introduction to Athletic Training (4 units)
KIN 4A Athletic Training Practicum I (2 units)
KIN 4B Athletic Training Practicum II (2 units)
KIN 4C Athletic Training Practicum III (2 units)
KIN 5 Individual and Dual Sports (3 units)
KIN 6 Games and Rhythms for Children (3 units)
KIN 7 Theory of Sports Management (3 units)
KIN 8 Introduction to Sports Psychology (3 units)
KIN 15 Sports and Society (3 units)
KIN 84 Assessment of Fitness Techniques (3 units)
KIN 85 Concepts/Program Design of Strength/Cardiovascular Fitness (3 units)
HE 1 Health Education (3 units)
BIO 7 Human Anatomy (4 units)
BIO 9 Human Physiology (4 units)
BIO 11 Nutrition (3 units)
BUS 80 Business Law (3 units)

Total Units for the Major: 18-20
General Education Requirements 39
Electives (if needed) 1 - 3
Total Degree Units (minimum) 60
Personal Training  
**Certificate of Achievement**

Upon completion of this certificate, students will be prepared for pursuing a BA/BS in Kinesiology with a foundation with emphasis in health and wellness, or exercise and fitness specialist.

**REQUIREMENTS:**
- BIO 15/ AH 15  Survey of Anatomy & Physiology (5 units)
- KIN 3  Intro to Athletic Training (4 units)
- KIN 85  Concepts/Program Design of Strength/Cardiovascular Fitness (3 units)
- KIN 84  Assessment of Fitness Techniques (3 units)

Total Core Courses: 15-16 units

Choose one of the following:
- AH 11  Nutrition (3 units)
- HE 1  Health Education (3 units)

Total units for the certificate: 18 units

**General Education requirements:** A student may complete the Gavilan College A.A./A.S. general education, the CSU-GE Breadth or the IGETC pattern, plus sufficient electives to meet a 60 unit total. See pages 49-57 or see a counselor for details.

**NOTE:** A course may be used to satisfy both general education and major courses. See “Double Counting Rule” on page 47.