

KINESIOLOGY AND ATHLETICS

Program formerly called Physical Education and Athletics

A.A. Degrees

Education Option
Sports Management Option
Sports Medicine Option

Contact:
(408) 848-4876
kin@gavilan.edu

The Kinesiology and Athletics Department 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 graduation requirements or their desire to maintain lifetime fitness.

An Associate of Arts Degree with three options of study - Education, Sports Management and Sports Medicine - is available. The AA degree can be obtained by completing a total of 60 units, which includes the 18 - 24 unit major, general education requirements and electives. This program is also designed to allow students to transfer into baccalaureate programs in kinesiology or related areas.

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.

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

- ▶ List and describe 5 career options available in the field of kinesiology.
- ▶ Explain the importance of lifetime fitness in today's society.
- ▶ Discuss the concentration area (option) that is their major emphasis of study. This may include the history, role within the work setting and skill demonstration where appropriate (athletic training and CPR).
- ▶ Select a sport and explain an appropriate tournament format or describe the basic skills required to participate in that sport.
- ▶ Identify the muscle groups and structures of the human body utilized for specific physical activities.





All courses listed in previous catalogs as PE (Physical Education) are now listed as KIN (Kinesiology.)

Education Option *A.A. Degree*

All courses listed in previous catalogs as PE (Physical Education) are now listed as KIN (Kinesiology.)

AH 32	Basic Cardiac Life Support or CPR Certification	0-1 unit
AH/BIO 15*	Survey of Human Anatomy and Physiology	.5 units
HE 1	Health Education	.3 units
KIN 2	Introduction to Kinesiology	.3 units

Choose one:

KIN 5	Individual and Dual Sports (3 units)	
KIN 8	Psychology of Coaching (3 units)	.3 units

Choose one of the following:

KIN 3	Introduction to Athletic Training (4 units)	
KIN 5	Individual and Dual Sports (3 units)	
CD/KIN 6	Games and Rhythms for Children (3 units)	
KIN 7	Theory of Sports Management (3 units)	
KIN 8	Psychology of Coaching (3 units)	
		3-4 units

Kinesiology Activity Courses -

A minimum of 3 units from at least 3 different activities (may include Intercollegiate Athletics) 3 units

Total Units Required for Major: 20-22 UNITS

Plus completion of general education requirements: units vary

Total Units Required: minimum of 60 UNITS

The Education option is for those students wishing to pursue a degree in teaching and/or coaching. It provides a core set of courses designed to allow individuals to earn an AA degree or enter a baccalaureate program leading to a teaching credential.

Students completing the major will have satisfied requirements for Biological Science List 1 and the Kinesiology activity classes in the general education requirements for the A.A. degree.

General Education Requirements: A student may complete the Gavilan College AA/AS general education pattern (35-44 units), the CSU-GE Breadth pattern (39-52 units) or the IGETC pattern (42-48 units), plus sufficient electives to meet a 60 unit total. See pages 48-56 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 46.

* Will satisfy major prerequisites at most 4-year institutions. Students planning to transfer should consult with a counselor.

Sports Management Option *A.A. Degree*

All courses listed in previous catalogs as PE (Physical Education) are now listed as KIN (Kinesiology.)

AH 32	Basic Cardiac Life Support or CPR Certification	0-1 unit
HE 1	Health Education	.3 units
KIN 2	Introduction to Kinesiology	.3 units
KIN 5	Individual and Dual Sports	.3 units
KIN 7	Theory of Sports Management	.3 units

Choose one of the following:

KIN 3	Introduction to Athletic Training (4 units)	
CD/KIN 6	Games and Rhythms for Children (3 units)	
KIN 8	Psychology of Coaching (3 units)	
KIN 80	Business Law (3 units)	
		3-4 units

Kinesiology Activity Courses: A minimum of 3 units from at least

3 different activities (may include Intercollegiate Athletics) 3 units

Total Units Required for Major: 18-20 UNITS

Plus completion of general education requirements: units vary

Total Units Required: minimum of 60 UNITS

Recommended Electives: ACCT 20, CSIS 2.

The Sports Management option is intended for those students wishing to earn an Associates of Arts Degree and/or transfer to and complete their degree option at a four year university. Career opportunities include working with college sports teams, professional sports teams, corporate and individual health facilities, and in athletic administration.

Students completing the major will have satisfied requirements for the Kinesiology activity classes in the general education requirements for the A.A. degree.

General Education Requirements: A student may complete the Gavilan College AA/AS general education pattern (35-44 units), the CSU-GE Breadth pattern (39-52 units) or the IGETC pattern (42-48 units), plus sufficient electives to meet a 60 unit total. See pages 48-56 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 46.

Sports Medicine Option *A.A. Degree*

All courses listed in previous catalogs as PE (Physical Education) are now listed as KIN (Kinesiology.)

AH 32	Basic Cardiac Life Support or CPR Certification	0-1 unit
AH/BIO 15*	Survey of Human Anatomy and Physiology	.5 units
HE 1	Health Education	.3 units
KIN 2	Introduction to Kinesiology	.3 units
KIN 3	Introduction to Athletic Training	.4 units

Choose one of the following:

BIO 7	Human Anatomy (4 units)	
AH/BIO 9	Human Physiology (5 units)	
AH/BIO 11	Nutrition (3 units)	
KIN 3A	Athletic Training Field Experience (2 units)	
KIN 5	Individual and Dual Sports (3 units)	
KIN 7	Theory of Sports Management (3 units)	
KIN 8	Psychology of Coaching (3 units)	
		2-5 units

Kinesiology Activity Courses: A minimum of 3 units from at least

3 different activities (may include Intercollegiate Athletics) 3 units

Total Units Required for Major: 20-24 UNITS

Plus completion of general education requirements: units vary

Total Units Required: minimum of 60 UNITS

The Sports Medicine option is for students wishing to pursue a degree in athletic training, physical therapy, and personal trainer/fitness specialist. The courses are designed to allow individuals to earn an AA degree or transfer to a four year university to earn a Bachelor's degree.

Students completing the major will have satisfied requirements for Biological Science List 1 and the Kinesiology activity classes in the general education requirements for the A.A. degree.

General Education Requirements: A student may complete the Gavilan College AA/AS general education pattern (35-44 units), the CSU-GE Breadth pattern (39-52 units) or the IGETC pattern (42-48 units), plus sufficient electives to meet a 60 unit total. See pages 48-56 or see a counselor for details.

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* Will satisfy major prerequisites at most 4-year institutions. Students planning to transfer should consult with a counselor.