

Associate Degree for Transfer (A.A. - T.)

Associate in Arts (A.A. Degrees)

- Education Option
- Sports Management Option
- Sports Medicine Option

Certificate of Achievement, Personal Training

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

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 with three options of study - Education, Sports Management and Sports Medicine - 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.



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.

Kinesiology

Associate Degree for Transfer, A.A.-T.

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 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.

DOUBLE COUNTING RULE

A course may be used to satisfy both general education and major courses. See "Double Counting Rule" on page 47.



Associate Degree
for Transfer™

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)

Students must:

- ▶ Complete 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.
- ▶ Obtain a minimum grade point average of 2.0.
- ▶ Earn a "C" or better in all courses required for the major or area of emphasis. A "P" (Pass) grade is not an acceptable grade for courses in the major.

Education Option

A.A. Degree

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 A.A. 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.

REQUIREMENTS:

- 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)

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)

Kinesiology Activity Courses -

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

Total units required for major: 20-22 units

Plus completion of general education requirements: units vary

Total units required: minimum of 60 units

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

Sports Management Option

A.A. Degree

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.

REQUIREMENTS:

- 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)

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

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.

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 50-57 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.

Sports Medicine Option *A.A. Degree*

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 A.A. 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.

REQUIREMENTS:

- 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)

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

Total units required for major: 20-24 units

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

Plus completion of general education requirements: units vary
Total units required: minimum of 60 units

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)
- AH32 CPR or outside certification
(American Red Cross) (0-1 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: 18-19 unit

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 50-57 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.