

KINESIOLOGY/RECREATION

Curriculum Guide for Academic Year 2012-2013

Table of Contents

Associate in Arts Degree, p. 1
Teaching Emphasis, p. 1
Non-Teaching Emphasis, p. 3
Career Opportunities, p. 4
Program Mission and Outcomes, p. 4
Legend, p. 4

Students planning to **transfer** to a four-year college or university should refer to the ASSIST web site at <u>www.assist.org</u> 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					
Teaching Emphasis					
REQUIRED COURSES			UNITS	In Progress	Completed Grade
KINPP 1 OR	Introduction to Dhysical Education OR			Progress	Grade
KINPP 7 OR KINPP 7	Introduction to Physical Education OR Introduction to Community Recreation		2 OR 3		
	Subtot	al Units	2 – 3		
	EEN – SIXTEEN (15 – 16) UNITS from at le	east			
FOUR of the following categor					
	signated AD (example: PEG 55AD) may be a 2AD. PEPP professional preparation cours				
PROFESSIONAL PREPARAT	ION CATEGORY		UNITS		
KINPF 8AD	Aerobic Circuit Training		2.5		
KINPF 83AD	Fitness & Wellness I		2		
KINPF 84AD	Fitness and Wellness Center II		2		
KINPP 5	Sports Appreciation		3		
KINPP 10	Prevention & Care of Athletic Injuries		3		
KINPP 15	Sports Officiating (Fall)		3		
KINPP 17	Sports Officiating (Spring)		3		
KINPP 19AD	Theory of Football		2		
KINPP 23	First Aid & Safety Education		3		
KINPP 23M1	Child First Aid & Safety Education		1		
40U4TIO2 04TE00DV					
AQUATICS CATEGORY			UNITS		
KING 55AD	Lifeguard/Water Safety Training		4		
KING 75AD OR 76AD	Swimming		.5 OR 1		
KINPF 3AD OR 4AD	Water Aerobics and Training		.5 OR 1		
KINPF 41AD OR 42AD	Swimming Fitness		.5 OR 1		
KINPF 47AD OR 48AD	Swim Fitness/Polo		.5 OR 1		
KINPF 41	Aquatics (Coed)		2		
Associate Degree requirement	ts continue on the following page:				

KINESIOLOGY/RECREATION 2012-2013

Page 1 of 4

AA Teaching = 1701; AA Non-Teaching = 1702;

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Departmental Phone: 562-938-4378

IVIDUAL & DUAL ACTIVITIE	S CATEGORY	UNITS	
KINA 1AD	PE for the Physically Limited	1 [
KINPF 2AD	Monitoring and Developing Sports Skills	i	
KINPP13 OR	Dance Aerobics-Professional Preparation OR	1 OR	
KINPF 5AD OR 6AD	Dance Aerobics	.5 OR 1	
KINPP 29 OR	Cross Country/Track & Field (Men) OR	1 OR	
KING 87AD OR 88AD OR	Track & Field OR	.5 OR 1 OR	
KINIA 19AD OR 19M1	Track & Field (Men)	3 OR 1.5	
KING 19AD OR 20AD	Bowling	.5 OR 1	
KING 19AD OR 10AD	Badminton	.5 OR 1	
KINPP 51 OR	Golf (Coed) OR	1 OR	
KING 31AD OR 32AD OR	Golf OR	.5 OR 1 OR	
KINIA 9AD OR 9M1 OR	Golf (Men) OR	3 OR 1.5 OR	
KINIA 31AD OR 31M1	Golf (Women)	3 OR 1.5	
KINPP 53 OR	Tennis (Coed) OR	1 OR	
KING 83AD OR 84AD	Tennis	.5 OR 1	
KING 58AD	Intramural Activities	1	
KINPP 65 OR	Track & Field (Women) OR	1 OR	
KINIA 43AD OR 43M1 OR	Track & Field (Women) OR	3 OR 1.5 OR	
KING 87AD OR 88AD OR	Track & Field OR	.5 OR 1 OR	
KINIA 29AD OR 29M1	Cross Country (Women)	3 OR 1.5	
NESS AND COMBATIVES C	<u>ATEGORY</u>	UNITS	
KING 65AD OR 66AD	Self-Defense	.5 OR 1	
KINPF 2AD	Monitoring and Developing Sport Skills	1	
KINPF 3AD OR 4AD	Water Aerobics and Training	.5 OR 1	
KINPF 5AD OR 6AD	Dance Aerobics	.5 OR 1	
KINPF 8AD	Aerobic Circuit Training	2.5	
KINPF 10AD	Stretch & Relaxation	1	
KINPF 21AD OR 22AD	Physical Fitness	.5 OR 1.5	
KINPF 41AD OR 42AD	Swimming Fitness	.5 OR 1	
KINPF 47AD OR 48AD	Swim Fitness/Polo	.5 OR 1	
KINPF 53AD OR 54AD	Weight Training	.5 OR 1	
KINPF 81AD	Fitness & Wellness Center	1	
KINPF 83AD OR	Fitness & Wellness I	2 OR	
84AD	Fitness & Wellness Center II	2	
M SPORTS CATEGORY		UNITS	
KINPF 2AD	Monitoring and Developing Sport Skills	1	
KINPP 25AD OR	Baseball (Men) OR	1	
KING 11AD OR 12AD OR	Baseball OR	.5 OR 1 OR	
KINIA 1AD OR 1M1	Baseball (Men)	3 OR 1.5	
KINPP 27 OR	Basketball (Men)	1 OR	
KING 13AD OR 14AD OR		.5 OR 1 OR	
KINIA 3AD OR 3M1		3 OR 1.5	
KINPP 31 OR	Football (Men) OR	1 OR	
KING 85AD OR 86AD OR	Touch Football OR	.5 OR 1 OR	
KINIA 7AD OR 7M1	Football (Men)	3 OR 1.5	
KINPP 35 OR	Soccer (Men) OR	1 OR	
KING 69AD OR 70AD OR	Soccer OR	.5 OR 1 OR	
KINIA 13AD OR 13M1	Soccer (Men)	3 OR 1.5	
KINPP 37 OR	Volleyball (Men)	1 OR	
KINIA 21AD OR	Volleyball (Men) OR	3 OR	
KING 89AD OR 90AD	Volleyball (Weil) OK	.5 OR 1	
MINO OUND OIL BUND	v Olicybali	.5 51	

KINESIOLOGY/RECREATION 2012-2013

Associate Degree requirements	s continued from the previous page:			
* KINPP 55 OR	Basketball (Women)	1 OR		
KING 13AD OR 14AD OR	,	.5 OR 1 OR		
KINIA 27AD OR 27M1	Basketball (Women)	3 OR 1.5		
* KING 58AD	Intramural Activities	1		
* KINPP 61 OR	Soccer (Women) OR	1 OR		
KINIA 35AD or 35M1 o f		3 OR 1.5 OR		
KING 69AD OR 70AD	Soccer	.5 OR 1		
* KINPP 63 OR	Softball (Women) OR	1 OR		
KINIA 37AD OR 37M1	Softball (Women) OR	3 OR 1.5 OR		
KING 73AD OR 74AD	Softball	.5 OR 1		
* KINPP 67 OR	Volleyball (Women)	1 OR		
KING 89AD OR 90AD OR		.5 OR 1 OR		
KINIA 45AD OR 45M1		3 OR 1.5		
Any of: KINIA 23AD, 23M1, 29AD, 3 39AD, 41AD, 43AD	31AD, 47AD, 5AD, 5M1, 9AD, 15AD, 17AD, 19AD,	3 OR 1.5		
	Subtotal Units	15 – 16		
	TOTAL UNITS	18		
on-Teaching Emphasis				
	TOUTEN (40) UNITO (4 FOUR			
	ete EIGHTEEN (18) UNITS from at least FOUR the Teaching Emphasis:	UNITS	In Progress	Completed Grades
categories (as listed above in Courses for the following ca		UNITS		
categories (as listed above in Courses for the following ca Emphasis:	the Teaching Emphasis:	UNITS		
categories (as listed above in Courses for the following ca Emphasis: AQUATICS	the Teaching Emphasis: tegories are the same as listed under the Teaching	UNITS		
categories (as listed above in Courses for the following ca Emphasis: AQUATICS INDIVIDUAL & DUAL ACTI	the Teaching Emphasis: tegories are the same as listed under the Teaching	UNITS		
categories (as listed above in Courses for the following catemphasis: AQUATICS INDIVIDUAL & DUAL ACTIFITNESS & COMBATIVES	the Teaching Emphasis: tegories are the same as listed under the Teaching	UNITS		
Categories (as listed above in Courses for the following catemphasis: AQUATICS INDIVIDUAL & DUAL ACTIFITNESS & COMBATIVES OUTDOOR STUDIES	the Teaching Emphasis: tegories are the same as listed under the Teaching VITIES	UNITS		
Categories (as listed above in Courses for the following catemphasis: AQUATICS INDIVIDUAL & DUAL ACTIFITNESS & COMBATIVES OUTDOOR STUDIES PROFESSIONAL PREPAR	the Teaching Emphasis: tegories are the same as listed under the Teaching VITIES	UNITS		
categories (as listed above in Courses for the following ca Emphasis: AQUATICS INDIVIDUAL & DUAL ACTI FITNESS & COMBATIVES OUTDOOR STUDIES PROFESSIONAL PREPAR TEAM SPORTS	the Teaching Emphasis: tegories are the same as listed under the Teaching VITIES ATION	UNITS		
Categories (as listed above in Courses for the following catemphasis: AQUATICS INDIVIDUAL & DUAL ACTIFITNESS & COMBATIVES OUTDOOR STUDIES PROFESSIONAL PREPAR	the Teaching Emphasis: tegories are the same as listed under the Teaching VITIES ATION	UNITS		
categories (as listed above in Courses for the following ca Emphasis: AQUATICS INDIVIDUAL & DUAL ACTI FITNESS & COMBATIVES OUTDOOR STUDIES PROFESSIONAL PREPAR TEAM SPORTS	the Teaching Emphasis: tegories are the same as listed under the Teaching VITIES ATION	UNITS		
categories (as listed above in Courses for the following categories: AQUATICS INDIVIDUAL & DUAL ACTI' FITNESS & COMBATIVES OUTDOOR STUDIES PROFESSIONAL PREPAR TEAM SPORTS As a category: KINPP 1, KII or graduation with an Associate	the Teaching Emphasis: tegories are the same as listed under the Teaching VITIES ATION NPP 7 TOTAL UNITS in Arts (A.A.) Degree with a major in Physical Ed	18 ducation/Recre	Progress	Grades
categories (as listed above in Courses for the following catemphasis: AQUATICS INDIVIDUAL & DUAL ACTI' FITNESS & COMBATIVES OUTDOOR STUDIES PROFESSIONAL PREPAR TEAM SPORTS As a category: KINPP 1, KII for graduation with an Associate 1. Minimum Unit Require A) may fulfill both major	the Teaching Emphasis: Itegories are the same as listed under the Teaching VITIES ATION NPP 7 TOTAL UNITS In Arts (A.A.) Degree with a major in Physical Education requirements (Approved by and general education requirements (Approved by a contract of the contract	18 ducation/Recre iide and the Ge College Curricu	Progress eation: neral Educati lum Committe	Grades On Pattern (Place Spring 2012
Categories (as listed above in Courses for the following catemphasis: AQUATICS INDIVIDUAL & DUAL ACTI' FITNESS & COMBATIVES OUTDOOR STUDIES PROFESSIONAL PREPAR TEAM SPORTS As a category: KINPP 1, KII or graduation with an Associate 1. Minimum Unit Require A) may fulfill both major For this degree, comple	the Teaching Emphasis: Itegories are the same as listed under the Teaching VITIES ATION NPP 7 TOTAL UNITS In Arts (A.A.) Degree with a major in Physical Education in Phys	18 ducation/Recre lide and the Ge College Curricu 99. Please note	Progress eation: neral Educati lum Committe that addition	on Pattern (Place Spring 2012

Phys. Ed/Recreation Major: 18 units General Education/A.A. 25 units Minimum Total Units: 60 units

- 2. 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 30 units of the required 60 in residence at LBCC, or complete in residence at LBCC at least 20 units within the last 30 units of work applied to the 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.

Associate Degree requirements continue on the following page:

Associate Degree requirements continued from the previous page:

*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 year 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 Physical Education, the following courses are often required:.

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

Career Opportunities

This field of concentration is designed to provide students with the knowledge, skill, and experience to continue their education leading toward a Bachelor's degree in this major. Activities are designed to provide learning for students in the physical, cognitive, affective, and recreational areas.

Program Mission and Outcomes

In support of the college mission statement, the Physical Education department provides students with the knowledge, skills and attitudes necessary to improve fitness and wellness. The department believes that improved fitness and wellness are essential ingredients to improving the physical, cognitive, affective and recreational experiences of the student population. Improving these experiences in turn improves student success. Course offerings reflect the fact that fitness and wellness are life-long learning experiences. The Physical Education department also serves as an essential partner to both the athletic and intramurals programs by providing beyond the classroom experiences.

Outcomes:

- Students will demonstrate knowledge of rules, strategies, techniques, and etiquette of various activities to promote lifelong fitness.
- Students will demonstrate knowledge of basic aspects of a training/fitness program.
- · Physical Education/Recreation majors will recognize various career opportunities in the field of human movement.
- Students will be able to define the many health related and skill related fitness components in an exercise program.

Legend

† May be used for credit towards only one category (Fitness, or Team Sports, or Individual Sport).

KINESIOLOGY/RECREATION 2012-2013

Page 4 of 4

^{*} Activity classes designated AD (example: KING 89AD) may be taken a total of four times for credit towards unit requirements. KINPP professional preparation courses are highly recommended for both teaching and non-teaching majors.