

KINESIOLOGY/RECREATION

Curriculum Guide for Academic Year 2012-2013

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Students planning to **transfer** to a four-year college or university should refer to the ASSIST web site at 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

Teaching Emphasis

REQUIRED COURSES

KINPP 1 OR	Introduction to Physical Education OR	2 OR		
KINPP 7	Introduction to Community Recreation	3		

Subtotal Units

UNITS

2 **OR**
3

2 – 3

In Progress **Completed Grade**

IN ADDITION, complete FIFTEEN – SIXTEEN (15 – 16) UNITS from at least FOUR of the following categories:

NOTE: Any activity course designated AD (example: PEG 55AD) may be taken a total of four times for credit toward unit requirements except for PEPF 2AD. PEPP professional preparation courses are highly recommended for teaching and non-teaching majors.

PROFESSIONAL PREPARATION 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		

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 requirements continue on the following page:

INDIVIDUAL & DUAL ACTIVITIES CATEGORY

UNITS

* KINA 1AD	PE for the Physically Limited	1		
† KINPF 2AD	Monitoring and Developing Sports Skills	1		
* KINPP13 OR KINPF 5AD OR 6AD	Dance Aerobics-Professional Preparation OR Dance Aerobics	1 OR .5 OR 1		
* KINPP 29 OR KING 87AD OR 88AD OR KINIA 19AD OR 19M1	Cross Country/Track & Field (Men) OR Track & Field OR Track & Field (Men)	1 OR .5 OR 1 OR 3 OR 1.5		
* KING 19AD OR 20AD	Bowling	.5 OR 1		
* KING 9AD OR 10AD	Badminton	.5 OR 1		
* KINPP 51 OR KING 31AD OR 32AD OR KINIA 9AD OR 9M1 OR KINIA 31AD OR 31M1	Golf (Coed) OR Golf OR Golf (Men) OR Golf (Women)	1 OR .5 OR 1 OR 3 OR 1.5 OR 3 OR 1.5		
* KINPP 53 OR KING 83AD OR 84AD	Tennis (Coed) OR Tennis	1 OR .5 OR 1		
* KING 58AD	Intramural Activities	1		
* KINPP 65 OR KINIA 43AD OR 43M1 OR KING 87AD OR 88AD OR KINIA 29AD OR 29M1	Track & Field (Women) OR Track & Field (Women) OR Track & Field OR Cross Country (Women)	1 OR 3 OR 1.5 OR .5 OR 1 OR 3 OR 1.5		

FITNESS AND COMBATIVES CATEGORY

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 84AD	Fitness & Wellness I Fitness & Wellness Center II	2 OR 2		

TEAM SPORTS CATEGORY

UNITS

† KINPF 2AD	Monitoring and Developing Sport Skills	1		
* KINPP 25AD OR KING 11AD OR 12AD OR KINIA 1AD OR 1M1	Baseball (Men) OR Baseball OR Baseball (Men)	1 .5 OR 1 OR 3 OR 1.5		
* KINPP 27 OR KING 13AD OR 14AD OR KINIA 3AD OR 3M1	Basketball (Men)	1 OR .5 OR 1 OR 3 OR 1.5		
* KINPP 31 OR KING 85AD OR 86AD OR KINIA 7AD OR 7M1	Football (Men) OR Touch Football OR Football (Men)	1 OR .5 OR 1 OR 3 OR 1.5		
* KINPP 35 OR KING 69AD OR 70AD OR KINIA 13AD OR 13M1	Soccer (Men) OR Soccer OR Soccer (Men)	1 OR .5 OR 1 OR 3 OR 1.5		
* KINPP 37 OR KINIA 21AD OR KING 89AD OR 90AD	Volleyball (Men) Volleyball (Men) OR Volleyball	1 OR 3 OR .5 OR 1		

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

* 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.

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