

KINESIOLOGY: RECREATION

Curriculum Guide for Academic Year 2014-2015

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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			
<u>REQUIRED COURSES</u>		UNITS	In Progress Completed Grade
KINPP 7	Introduction to Community Recreation	3	<input type="checkbox"/> <input type="checkbox"/>
KINPP 23	First Aid and Safety Education	3	<input type="checkbox"/> <input type="checkbox"/>
Subtotal Units		6	<input type="checkbox"/> <input type="checkbox"/>
IN ADDITION, complete THREE to FOUR (3-4) UNITS from the following:			
KING 55	Lifeguard/Water Safety Training	4	<input type="checkbox"/> <input type="checkbox"/>
KINPP 8	Stress Management Through Physical Activity	3	<input type="checkbox"/> <input type="checkbox"/>
KINPP 15	Sports Officiating-Fall	3	<input type="checkbox"/> <input type="checkbox"/>
KINPP 17	Sports Officiating-Spring	3	<input type="checkbox"/> <input type="checkbox"/>
KINPP 23M1	Child First Aid & Safety Education	1	<input type="checkbox"/> <input type="checkbox"/>
Subtotal Units		3-4	<input type="checkbox"/> <input type="checkbox"/>
<i>IN ADDITION, complete NINE (9) UNITS from at least FOUR of the following categories:</i>			
<u>AQUATICS CATEGORY</u>			
KING 76	Swimming	1	<input type="checkbox"/> <input type="checkbox"/>
KINPF 3	Aqua Calisthenics	1	<input type="checkbox"/> <input type="checkbox"/>
KINPF 4	Deep Water Aerobics	1	<input type="checkbox"/> <input type="checkbox"/>
KINPF 42	Swimming Fitness	1	<input type="checkbox"/> <input type="checkbox"/>
KINPF 48	Swim Fitness/Polo	1	<input type="checkbox"/> <input type="checkbox"/>
<u>INDIVIDUAL AND DUAL ACTIVITIES CATEGORY</u>			
KING 10	Badminton	1	<input type="checkbox"/> <input type="checkbox"/>
KING 10B	Badminton	1	<input type="checkbox"/> <input type="checkbox"/>
KING 20	Bowling	1	<input type="checkbox"/> <input type="checkbox"/>
KING 32	Golf	1	<input type="checkbox"/> <input type="checkbox"/>
KING 32B	Golf	1	<input type="checkbox"/> <input type="checkbox"/>
KING 84	Tennis	1	<input type="checkbox"/> <input type="checkbox"/>
KING 88	Track & Field	1	<input type="checkbox"/> <input type="checkbox"/>
<u>FITNESS CATEGORY</u>			
KINA 1	PE for the Physically Limited	1	<input type="checkbox"/> <input type="checkbox"/>
KINPF 6	Dance Aerobics	1	<input type="checkbox"/> <input type="checkbox"/>
KINPF 8	Circuit Weight Training	1	<input type="checkbox"/> <input type="checkbox"/>
KINPF 8B	Circuit Weight Training	1	<input type="checkbox"/> <input type="checkbox"/>
KINPF 10	Stretch & Relaxation	1	<input type="checkbox"/> <input type="checkbox"/>
KINPF 10B	Stretch & Relaxation	1	<input type="checkbox"/> <input type="checkbox"/>
KINPF 12	Core Conditioning	1	<input type="checkbox"/> <input type="checkbox"/>
KINPF 12B	Core Conditioning	1	<input type="checkbox"/> <input type="checkbox"/>
KINPF 14	Yoga	1	<input type="checkbox"/> <input type="checkbox"/>
KINPF 17	Jogging	1	<input type="checkbox"/> <input type="checkbox"/>
KINPF 17B	Jogging	1	<input type="checkbox"/> <input type="checkbox"/>

Associate Degree requirements continue on the following page.

Associate Degree requirements continued from the previous page.

KINPF 18	Triathlon Training	1		
KINPF 18B	Triathlon Training	1		
KINPF 21	Low Impact Cardio	1		
KINPF 22	Physical Fitness	1		
KINPF 22B	Physical Fitness	1		
KINPF 23	Cycling Conditioning	1		
KINPF 24	Cardio Cross-Fit	1		
KINPF 53	Power Lifting	1		
KINPF 53B	Power Lifting	1		
KINPF 54	Weight Training	1		
KINPF 54B	Weight Training	1		
KINPF 81	Fitness & Wellness Center II	1		
KINPF 84A	Fitness & Wellness	2		
KINPF 84B	Fitness & Wellness	2		

COMBATATIVE CATEGORY

KING 65	Martial Arts	1		
KING 65B	Martial Arts	1		
KING 66	Self Defense	1		
KING 66B	Self Defense	1		

TEAM SPORTS CATEGORY

KING 2	Ultimate Frisbee	1		
KING 2B	Ultimate Frisbee	1		
KING 12	Baseball	1		
KING 14	Basketball	1		
KING 14B	Basketball	1		
KING 70	Soccer	1		
KING 70B	Soccer	1		
KING 74	Softball	1		
KING 86	Touch Football	1		
KING 90	Volleyball	1		
KING 90B	Volleyball	1		
KING 92	Sand Volleyball	1		
KING 92B	Sand Volleyball	1		
KING 94	Rugby	1		
Subtotal Units		9		
TOTAL		18-19		

For graduation with an **Associate in Arts (A.A.) Degree with a major in Kinesiology: Recreation:**

1. **Minimum Unit Requirements:** §Any course that appears on a curriculum guide and the General Education Pattern (Plan A) may fulfill both major and general education requirements (Approved by College Curriculum Committee Spring 2012). For this degree, complete a minimum of 60 units in courses numbered 1-599. Please note that additional elective units may be required to meet this minimum based upon courses selected to fulfill General Education for the Associate Degree.

Kinesiology: Recreation Major 18-19 units
General Education/A.A. § 25 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.
3. **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.
4. **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 9-10 units** of the required 18-19 must be **completed at Long Beach City College**. Credit earned by exam, where applicable, may be included.
5. **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> .
6. 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.

*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 years of initial enrollment to the present, provided continuous enrollment is maintained throughout. See the catalog for definition of "continuous enrollment".

RECOMMENDED but not required courses: These courses are often required for students intending to pursue a Bachelors of Arts degree in Kinesiology.

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

Career Opportunities

Kinesiology is the study of the mechanics of body movement. A Kinesiology Associates Degree prepares students for entry-level positions as physical activity specialists in fitness, health, and medical settings (e.g. health clubs, rehabilitative exercise centers, sports medicine clinics); educational settings (e.g. elementary and secondary schools); and community service agencies (e.g. YMCAs, Boys and Girls Clubs, neighborhood recreation centers, private and public camps).

Typical employment opportunities may include:

Activity Specialist, Adaptive Physical Education Aide, Aerobic Dance Instructor, Athletic Club Manager, Athletic Equipment Salesperson, Athletic Team Manager, Athletic Trainer Assistant, Camp Counselor/Director, Coach, Correctional Officer, Corrective Therapist, Emergency Medical Technician, Exercise Instructor, Fire Fighter, Fitness Club Instructor Health Club Staff Member, Massage Therapist, Park Director, Personal Trainer, Physical Education Aide, Physical Therapy Aide, Police Officer, Professional Athlete, Public Health Educator, Recreation Leader/Director, Recreation Therapist, Recruiter, School Activity Assistant/Aide, Scout, Sports Official, Sports Shop Owner/Operator, Sportswriter/Announcer, Stunt Performer, Summer Recreation or Sport Activity Instructor

Program Mission and Outcomes

In support of the college mission statement, the Kinesiology 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 Kinesiology Department also serves as an essential partner to both the athletic and intramurals programs by providing beyond the classroom experiences.

Program Outcomes:

1. Kinesiology majors will identify the rules, strategies, techniques, and etiquette of various recreational activities and sports.
2. Kinesiology majors will analyze the core components of a recreational program.
3. Kinesiology majors will recognize various career opportunities in the field of recreation.
4. Kinesiology majors will critique the health related and skill related fitness components in a Recreation program.