



LONG BEACH
CITY COLLEGE

KINESIOLOGY: TEACHING

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 1	Introduction to Kinesiology	3			
KINPP 4	Lifetime Wellness Principles	3			
KINPP 23	First Aid & Safety Education	3			
Subtotal Units		9			
IN ADDITION to the Required Courses above, select SIX (6) UNITS from the following:					
KINPP 8	Stress Management Through Physical Activity	3			
KINPP 10	Prevention & Care of Athletic Injuries	3			
KINPP 12	Techniques of Physical Fitness	2			
KINPP 14	Theory of Athletic Coaching	3			
KINPP 15	Sports Officiating-Fall	3			
KINPP 17	Sports Officiating-Spring	3			
KINPF 81	Fitness & Wellness Center	1			
KINPF 84A	Fitness & Wellness	2			
KINPF 84B	Fitness & Wellness	2			
Subtotal Units		6			
IN ADDITION, complete NINE (9) UNITS from at least FOUR (4) of the following categories:					
<u>ACTIVITY THEORY CATEGORY</u>					
KINPP 13	Dance Aerobics-Professional Preparation	1			
KINPP 19	Theory of Football	2			
KINPP 25	Baseball (Men)	1			
KINPP 27	Basketball (Men)	1			
KINPP 29	Cross Country/Track & Field (Men)	1			
KINPP 31	Football (Men)	1			
KINPP 35	Soccer (Men)	1			
KINPP 37	Volleyball (Men)	1			
KINPP 41	Aquatics (Coed)	2			
KINPP 51	Golf (Coed)	1			
KINPP 53	Tennis (Coed)	1			
KINPP 55	Basketball (Women)	1			
KINPP 61	Soccer (Women)	1			
KINPP 63	Softball (Women)	1			
KINPP 65	Track & Field (Women)	1			
KINPP 67	Volleyball (Women)	1			
KINPP 70A	Exercise Science & Fitness Assessment	3			
KINPP 70B	Fitness Program Design & Instruction	3			

Associate Degree requirements continue on the following page.

Associate Degree requirements continued from the previous page.

AQUATICS CATEGORY

KING 55	Lifeguard/Water Safety Training	4		
KING 76	Swimming	1		
KINPF 3	Aqua Calisthenics	1		
KINPF 4	Deep Water Aerobics	1		
KINPF 42	Swim Fitness	1		
KINPF 48	Swim Fitness/Polo	1		

INDIVIDUAL AND DUAL ACTIVITES CATEGORY

KING 10	Badminton	1		
KING 10B	Badminton	1		
KING 20	Bowling	1		
KING 32	Golf	1		
KING 32B	Golf	1		
KING 84	Tennis	1		
KING 88	Track & Field	1		

FITNESS CATEGORY

KINA 1	PE for the Physically Limited	1		
KINPF 6	Dance Aerobics	1		
KINPF 8	Circuit Weight Training	1		
KINPF 8B	Circuit Weight Training	1		
KINPF 10	Stretch & Relaxation	1		
KINPF 10B	Stretch & Relaxation	1		
KINPF 12	Core Training	1		
KINPF 12B	Core Training	1		
KINPF 14	Yoga	1		
KINPF 17	Jogging	1		
KINPF 17B	Jogging	1		
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	1		
KINPF 84 A	Fitness & Wellness	1		
KINPF 84B	Fitness & Wellness	1		

COMBATIVE 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		

Associate Degree requirements continue on the following page.

Associate Degree requirements continued from the previous page.

KING 90B	Volleyball	1		
KING 92	Sand Volleyball	1		
KING 92B	Sand Volleyball	1		
KING 94	Rugby	1		

INTERCOLLEGIATE ATHLETICS CATEGORY

KINIA 1AD	Baseball (Men)	3		
KINIA 2AD	Off Season Conditioning for Athletes	3		
KINIA 3AD	Basketball (Men)	3		
KINIA 5AD	Cross Country (Men)	3		
KINIA 7AD	Football (Men)	3		
KINIA 9AD	Golf (Men)	3		
KINIA 13AD	Soccer (Men)	3		
KINIA 15AD	Swimming (Men)	3		
KINIA 17AD	Tennis (Men)	3		
KINIA 19AD	Track & Field (Men)	3		
KINIA 21AD	Volleyball (Men)	3		
KINIA 23AD	Water Polo (Men)	3		
KINIA 27AD	Basketball (Women)	3		
KINIA 29AD	Cross Country (Women)	3		
KINIA 31AD	Golf (Women)	3		
KINIA 35AD	Soccer (Women)	3		
KINIA 37AD	Softball (Women)	3		
KINIA 39AD	Swimming (Women)	3		
KINIA 41AD	Tennis (Women)	3		
KINIA 43AD	Track & Field (Women)	3		
KINIA 45AD	Volleyball (Women)	3		
KINIA 47AD	Water Polo (Women)	3		
Subtotal Units		9		
TOTAL		24		

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

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: Teaching Major 24 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 12 units** of the required 24 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		

**Program of study leading to:
Certificate of Accomplishment**

Certificate: Athletic Coaching 4701

REQUIRED COURSES		UNITS	In Progress	Completed Grade
KINPP 5	Sports Appreciation	3		
KINPP 14	Theory of Athletic Coaching	3		
KINPP 15	Sports Officiating (Fall)	3		
KINPP 17	Sports Officiating (Spring)	3		
KINPP 23	First Aid and Safety Education	3		
TOTAL UNITS		15		

For graduation with a Certificate of Achievement:

1. Complete the above required courses with a minimum grade of "C", or "P" if course is graded on a P/NP basis and a minimum grade point average of 2.0.
2. Fifty percent (50%) or more of the required units must be completed in residence at LBCC. Complete and submit the certificate 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>.

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 movement activities and sports.
2. Kinesiology majors will analyze the core components of a training/fitness program.
3. Kinesiology majors will recognize various career opportunities in the field of human movement.
4. Kinesiology majors will critique the health related and skill related fitness components in an exercise program.