

# KINESIOLOGY - ASSOCIATE IN ARTS

Plan Code: 1701

This program prepares students for entry-level positions as physical activity specialists in fitness, health, and medical settings (i.e. health clubs, rehabilitative exercise centers, sports medicine clinics); educational settings (i.e. elementary and secondary schools); and community service agencies (e.g. YMCAs, Boys and Girls Clubs, neighborhood recreation centers, private and public camps).

## Program Student Learning Outcomes

- Demonstrate the ability to attain the Institutional Student Learning Outcomes (ISLOs).
- Demonstrate knowledge of rules, strategies, techniques, and etiquette of various activities to promote lifelong fitness.
- Demonstrate knowledge of basic aspects of a training/fitness program.
- Recognize various career opportunities in the field of human movement.

## Program Requirements

This degree requires the completion of General Education coursework plus the following:

Code Number	Course Title	Units
<b>REQUIRED COURSES</b>		
KINPP 1	Introduction to Kinesiology	3
PSYCH 1/1H	Introduction to Psychology	3
Choose ONE (1) of the following:		
BIO 41/41H	Contemporary Biology	3
ANAT 1	Human Anatomy	4
ANAT 41	Anatomy & Physiology	5
Choose ONE (1) of the following:		
HLED 3	Contemporary Health Issues	3
HLED 4	Women's Health Issues	3
HLED 5	Men's Health Issues	3
Choose ONE (1) of the following:		
COMM 10/10H	Elements of Public Speaking	3
COMM 20	Elements of Interpersonal Communication	3
Choose ONE (1) of the following:		
KINPP 4	Lifetime Wellness Principles	3
KINPP 5	Sports Appreciation	3
KINPP 7	Intro to Community Recreation	3
KINPP 8	Stress Management through Physical Activity	3
KINPP 10	Prevention & Care of Athletic Injuries	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	3
KINPP 70	Fitness Program Design & Instruction	3
KINPP 75	Exercise Science & Fitness Assessment	3

KINPP 233	Techniques of Strength and Conditioning	3
<b>Subtotal Units</b>		<b>18-20</b>

IN ADDITION, complete SIX (6) units from at least THREE of the following categories:

<b>Aquatics Category</b>		
KING 55	Lifeguard/Water Safety Training	4
KING 76	Swimming	1
KINPF 3	Aqua Calisthenics	1
KINPF 4	Deep Water Aerobics	1
KINPF 42	Swimming Fitness	1
<b>Combative Category</b>		
KING 60	Jiu Jitsu	1
KING 65	Martial Arts	1
KING 65B	Martial Arts	1
KING 66	Self-Defense	1
KING 66B	Self Defense	1
<b>Fitness Category</b>		
KINA 1	PE for the Physically Limited	1
KINPF 6	Cardio Fitness	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 Conditioning	1
KINPF 12B	Core Conditioning	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	Resistance Training	1
KINPF 53B	Resistance Training	1
KINPF 54	Weight Training	1
KINPF 54B	Weight Training	1
KINPF 81	Fitness and Wellness Center	1
KINPF 82	Fitness and Wellness Center-Intermediate	1
KINPF 83	Fitness and Wellness Center-Advanced	1
<b>Team Sports Category</b>		
KING 2	Ultimate Frisbee	1
KING 2B	Ultimate Frisbee	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
<b>Individual and Dual Activities Category</b>		
KING 7	Pickleball	1
KING 10	Badminton	1
KING 10B	Badminton	1
KING 84	Tennis	1
<b>Intercollegiate Athletics Category</b>		
KINIA 1AD	Baseball (Men)	3
KINIA 2AD	Off-Season Conditioning for Athletes	0.5-3
KINIA 3AD	Basketball (Men)	3
KINIA 4AD	Pre-Season Training for Athletes	0.5-3
KINIA 5AD	Cross Country (Men)	3
KINIA 7AD	Football (Men)	3
KINIA 13AD	Soccer (Men)	3
KINIA 15AD	Swimming (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 33AD	Beach Volleyball (Women)	3
KINIA 35AD	Soccer (Women)	3
KINIA 37AD	Softball (Women)	3
KINIA 39AD	Swimming (Women)	3
KINIA 43AD	Track & Field (Women)	3
KINIA 45AD	Volleyball (Women)	3
KINIA 47AD	Water Polo (Women)	3
<b>Subtotal Units</b>		<b>6</b>
<b>Required Subtotal</b>		<b>24-26</b>
Complete one of the following: <sup>1</sup>		19-39
LBCC General Education (Plan A) ( <a href="https://lbcc-public.courseleaf.com/academic-requirements/general-education-transfer-degree-certificate-requirements/general-education-plans/plan-a/">https://lbcc-public.courseleaf.com/academic-requirements/general-education-transfer-degree-certificate-requirements/general-education-plans/plan-a/</a> )		
CSU GE Breadth (Plan B) ( <a href="https://lbcc-public.courseleaf.com/academic-requirements/general-education-transfer-degree-certificate-requirements/general-education-plans/plan-b/">https://lbcc-public.courseleaf.com/academic-requirements/general-education-transfer-degree-certificate-requirements/general-education-plans/plan-b/</a> )		
IGETC Pattern (Plan C) ( <a href="https://lbcc-public.courseleaf.com/academic-requirements/general-education-transfer-degree-certificate-requirements/general-education-plans/plan-c/">https://lbcc-public.courseleaf.com/academic-requirements/general-education-transfer-degree-certificate-requirements/general-education-plans/plan-c/</a> )		
Electives (as needed to reach 60 degree-applicable units) <sup>2</sup>		
<b>Minimum Degree Total</b>		<b>60</b>

<sup>1</sup> Units for the major may be double-counted for LBCC GE, CSU GE, or IGETC; see counselor for limitations.

<sup>2</sup> Elective units from course(s) numbered 1-599, if needed, to reach 60 degree-applicable units.

# PERSONAL TRAINER - CERTIFICATE OF ACHIEVEMENT

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Plan Code: 3700

This program is designed for students interested in pursuing careers in the personal training and fitness industries. Topics include fitness principles in fitness, anatomy and physiology, fitness and wellness assessment tests, safety concerns and risk management, proper exercise techniques and client relationship building. Students completing this program will be prepared to pass the National Academy of Sports Medicine (NASM) Certification Exam.

## Program Student Learning Outcomes

- Demonstrate knowledge of theory and skillsets related to different components of personal training.
- Demonstrate human movement science, functional anatomy, physiology, and kinesiology skills.

## Program Requirements

Code Number	Course Title	Units
<b>REQUIRED COURSES</b>		
KINPP 23	First Aid and Safety	3
KINPP 70	Fitness Program Design & Instruction	3
KINPP 75	Exercise Science & Fitness Assessment	3
KINPP 230	Kinesiology Practicum	3
KINPP 233	Techniques of Strength and Conditioning	3
NUTR 26	Sports Nutrition	1
<b>Total Units</b>		<b>16</b>

# YOGA TEACHER TRAINING - CERTIFICATE OF ACHIEVEMENT

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**Plan Code: 3701**

This program is designed to enhance students' understanding of yoga by exploring the anatomy of yoga postures, cueing for proper alignment in poses, emphasis on safe and sensible sequencing for beginning and intermediate level students, examining effective teaching techniques for a variety of settings, and exploring the history and philosophy. Upon successful completion of the Yoga Teacher Training Program, students will be eligible to apply for their Yoga Alliance 200-hour instructor certification and will be prepared for employment as a trained yoga teacher in private and public settings.

## Program Student Learning Outcomes

- Demonstrate skills for instructing yoga, including developing sequences, pranayama techniques, anatomical cueing for adjustments, biomechanics of asanas, providing variations, and modifications.
- Identify the philosophy of yoga through history, the development of the asanas and major lineages of yoga.

## Program Requirements

Code Number	Course Title	Units
<b>REQUIRED COURSES</b>		
KINPF 14	Yoga	1
KINPP 23	First Aid and Safety	3
KINPP 220	Yoga Theory	3
KINPP 222	Foundations of Teaching Yoga 1	3
KINPP 224	Foundations of Teaching Yoga 2	3
KINPP 226	Yoga Practicum	3
<b>Total Units</b>		<b>16</b>