

# KINESIOLOGY AND HUMAN PERFORMANCE, ASSOCIATE IN ARTS

This program is designed to prepare students with a knowledge base of physical activity, fitness, holistic health, and professional practice for entry into the fields of allied health, athletics, and Kinesiology. This program prepares students to pursue careers in physical therapy, athletic training, sports management, sport psychology, coaching, personal training, and other careers in Kinesiology and Allied Health.

Upon successful completion of the program, students will be able to:

- Demonstrate the skills and knowledge needed for a comprehensive foundation in Kinesiology and Allied Health.
- Demonstrates the knowledge to understand and assess the fitness and over all wellness of an individual.
- Understand basic human anatomy and physiology as it pertains to the major body systems and movement.

Code	Title	Units
<b>Required Core</b>		
KINS 40	Introduction to Kinesiology	3
KINS 44	Sport in Society	3
KINS 45	Introduction to Careers in Sports Medicine and Allied Health	3
KINS 48	Psychology of Fitness and Sport Performance	3
KINS 51	Fitness and Wellness Strategies	2

## List A

Select from the following: 3-4

KINS 60 Fitness Exercise Physiology  
& KINS 63 and Fitness Anatomy and Kinesiology

OR

ANAT 5 Human Biology

**Select one Pathway from the following: 8-9**

## Coaching Pathway

KINS 43 Theory of Coaching  
KINS 41 Prevention and Care of Athletic Injuries  
KINS 50 Orientation for Athletes and Athletics

## Personal Trainer/Fitness Instructor Pathway

KINS 41 Prevention and Care of Athletic Injuries  
KINS 46 Principles of Strength Training and Conditioning  
KINS 47 Principles of Exercise Prescription and Program Design

## Nutrition Pathway

NUTF 1 Nutrition  
NUTF 10 Food Science  
NUTF 10L Food Science and Safety Laboratory  
NUTF 3 Nutrition Issues and Controversies

## Activity Courses

Select any combination of the following courses for a total of 4 units: 4

## Aquatics

PFIT 22A Fitness Through Swimming I

PFIT 22B	Fitness Through Swimming II
PFIT 22C	Fitness Through Swimming III
PFIT 22D	Fitness Through Swimming IV
PHED 7A	Swimming I
PHED 7B	Swimming II
PHED 12B	Competitive Swimming I
PHED 12C	Competitive Swimming II
PHED 12D	Competitive Swimming III
PHED 12E	Competitive Swimming IV

## Combatives

PFIT 16A	Tai Chi I
PFIT 16B	Tai Chi II
PFIT 16C	Tai Chi III
PFIT 16D	Tai Chi IV
PHED 23A	Martial Arts/Self-Defense I
PHED 23B	Martial Arts/Self-Defense II
PHED 23C	Martial Arts/Self-Defense III
PHED 23D	Martial Arts/Self-Defense IV

## Fitness

PFIT 2	Core Fitness Training
PFIT 6	Cross-Training
PFIT 7	Distance Training
PFIT 8	Aerobic Conditioning
PFIT 9	Personal Fitness
PFIT 10A	Beginning Weight Training
PFIT 10B	Intermediate Weight Training
PFIT 10C	Advanced Weight Training
PFIT 14	Exercise for Health and Fitness
PFIT 15A	Core Matwork I
PFIT 15B	Core Matwork II
PFIT 15C	Core Matwork III
PFIT 15D	Core Matwork IV
PFIT 17A	Yoga I
PFIT 17B	Yoga II
PFIT 17C	Yoga III
PFIT 17D	Yoga IV
PFIT 18A	Aerobic Fitness I
PFIT 18B	Aerobic Fitness II
PFIT 18C	Aerobic Fitness III
PFIT 18D	Aerobic Fitness IV
PFIT 19A	Body Sculpting I
PFIT 19B	Body Sculpting II
PFIT 19C	Body Sculpting III
PFIT 19D	Body Sculpting IV
PFIT 20	Circuit Training
PFIT 21A	Flexibility and Relaxation Techniques I
PFIT 21B	Flexibility and Relaxation Techniques II
PFIT 21C	Flexibility and Relaxation Techniques III
PFIT 23A	Functional Fitness I
PFIT 23B	Functional Fitness II
PFIT 23C	Functional Fitness III
PFIT 23D	Functional Fitness IV

PFIT 30A	Triathlon Training I
PFIT 30B	Triathlon Training II
PFIT 30C	Triathlon Training III

*Individual Sports*

PHED 2A	Golf I
PHED 2B	Golf II
PHED 2C	Golf III
PHED 2D	Golf IV
PHED 9A	Pickleball I
PHED 9B	Pickleball II
PHED 9C	Pickleball III
PHED 9D	Pickleball IV
PHED 5A	Tennis I
PHED 5B	Tennis II
PHED 5D	Tennis III
PHED 5E	Tennis IV
PHED 90	Independent Study

*Team Sports*

PHED 6A	Soccer I
PHED 6B	Soccer II
PHED 6C	Soccer III
PHED 15A	Volleyball I
PHED 15B	Volleyball II
PHED 15D	Volleyball III
PHED 15E	Volleyball IV
PHED 22A	Introduction to Basketball
PHED 22B	Intermediate Basketball
PHED 22C	Intermediate/Advanced Basketball
PHED 22D	Advanced Basketball

*Athletic Courses*

ATHL 18	Fundamentals of Football
ATHL 20.1	Skill Development for Baseball
ATHL 20.10	Skill Development for Volleyball
ATHL 20.11	Skill Development for Soccer - Men
ATHL 20.12	Skill Development for Soccer - Women
ATHL 20.2	Skill Development for Basketball - Men
ATHL 20.3	Skill Development for Basketball - Women
ATHL 20.4	Skill Development for Football
ATHL 20.5	Skill Development for Golf
ATHL 20.6	Skill Development for Softball
ATHL 20.8	Skill Development for Tennis
ATHL 20.9	Skill Development for Track and Field
ATHL 21	Competitive Golf
ATHL 29	Varsity Athletic Conditioning
ATHL 30.1	Intercollegiate Basketball: Women
ATHL 30.2	Intercollegiate Softball: Women
ATHL 30.3	Intercollegiate Volleyball: Women
ATHL 30.4	Intercollegiate Tennis: Women
ATHL 30.6	Intercollegiate Soccer: Women
ATHL 30.7	Intercollegiate Beach Volleyball: Women
ATHL 31.1	Intercollegiate Football: Men
ATHL 31.2	Intercollegiate Basketball: Men

ATHL 31.3	Intercollegiate Baseball: Men
ATHL 31.4	Intercollegiate Golf: Men
ATHL 31.5	Intercollegiate Soccer: Men
ATHL 32.1	Intercollegiate Track and Field: Women and Men
ATHL 32.4	Intercollegiate Cross Country: Women and Men
ATHL 61A	Elements of Football I
ATHL 90	Independent Study

**TOTAL MAJOR UNITS** 29-31

**Additional Requirements** 29-31

Complete Competency Requirements, general education pattern (MPC General Education, CSU General Education, or IGETC), and electives, if needed, for a total of 60 degree-applicable units.

**Total Units** 60

Please refer to the graduation requirements section of the Catalog for information about degree and certificate requirements including Reading and Writing, Mathematics, Information Competency, and General Education requirements.

The model sequence of coursework below is one pathway for students to complete the program. The information below is not an official educational plan. An MPC Counselor can assist you with creating a personalized education plan based on your academic, career, and personal goals. Visit MPC's Counseling website for more information about Counseling and up-to-date program requirements.

**Year 1**

<b>Fall</b>		<b>Units</b>
ENGL 1A	College Composition	3
or ENGL 1AE	or College Composition: Enhanced	
LIBR 50	Introduction to Library and Research Skills	1
MPC GE Area A2 (MATH 16 Recommended)		4
KINS 40	Introduction to Kinesiology	3
KINS 44	Sport in Society	3
Activity Course		1
<b>Units</b>		<b>15</b>

**Spring**

KINS 45	Introduction to Careers in Sports Medicine and Allied Health	3
KINS 48	Psychology of Fitness and Sport Performance	3
KINS 51	Fitness and Wellness Strategies	2
KINS 60 & KINS 63	Fitness Exercise Physiology or Human Biology	3-4
or ANAT 5		
Activity Course		1
MPC GE Area C		3
<b>Units</b>		<b>15-16</b>

**Year 2**

<b>Fall</b>		
MPC GE Area B and Lab		4
Coaching, Personal Trainer/Fitness Instructor, or Nutrition Pathway Course		3
Activity Course		1
Electives		7
<b>Units</b>		<b>15</b>

**Spring**

MPC GE Area F	3
Coaching, Personal Trainer/Fitness Instructor, or Nutrition Pathway Courses	6
Activity Course	1
Electives	5
<b>Units</b>	<b>15</b>
<b>Total Units</b>	<b>60-61</b>