

# KINESIOLOGY AND HUMAN PERFORMANCE, ASSOCIATE IN ARTS

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

| Fall                                 |   | Units     |
|--------------------------------------|---|-----------|
| ENGL 1A<br>or ENGL 1AE               | College Composition<br>or College Composition: Enhanced | 3         |
| 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<br>& KINS 63<br>or ANAT 5 | Fitness Exercise Physiology<br>or Human Biology              | 3-4          |
| Activity Course                   |  | 1            |
| MPC GE Area C                     |  | 3            |
| <b>Units</b>                      |  | <b>15-16</b> |

## Year 2

| Fall   |  |           |
|--|--|-----------|
| 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> |