

DEGREES, CERTIFICATES, AND TRANSFER PREPARATION INFORMATION

KINESIOLOGY/PHYSICAL EDUCATION

Kinesiology — a rapidly expanding field in the fitness and healthcare arena — is the study of human development, anatomy, physiology, mechanics, and motor learning. Within each kinesiology subdiscipline, students learn about stressors — both positive and negative — that govern human performance. Class discussions focus on numerous clinical conditions, and the exercise, nutritional, and medical techniques that can be used to prevent and control these problems.

Most career options in kinesiology require additional education, four-year or graduate degrees, and certification by specified agencies. SMC's kinesiology courses prepare students for advanced studies in kinesiology, physical therapy, exercise physiology, sports medicine, and other related life sciences programs.

Programs Offered

- Transfer Preparation

Degrees and Certificates

- Kinesiology Associate Degree for Transfer
Students may satisfy the requirements of this degree with approved courses (which may be fewer units) taken at other California community colleges. The courses listed below are SMC courses. If completed entirely at SMC, the Area of Emphasis requires 21 units.
- Athletic Coaching Associate Degree
- Athletic Coaching Certificate of Achievement (24 units)

Catalog Rights

A student may satisfy the requirements of a degree that were in effect at any time of the student's **continuous** enrollment. Continuous enrollment means attendance in at least one semester (Fall or Spring) in each academic year.

Transfer Preparation

Many colleges/universities offer baccalaureate degrees in this field. Students planning to transfer to a four-year college or university should complete the lower-division major requirements and the general education pattern for the specific transfer institution. SMC has articulation agreements with the many UC and CSU campuses, as well as several private and out-of-state institutions.

Exact major requirements for UC and CSU campuses can be found online at assist.org.

A listing of private, nonprofit California colleges and universities can be found online at aiccu.edu. For articulation agreements between SMC and some of these institutions see smc.edu/articulation.

The University of California system has a transfer pathway for any UC campus that offers History. For more information, visit UC Transfer Pathways Guide.

SMC offers the **History Associate Degree for Transfer**.

Students completing this degree are eligible for priority transfer admission consideration in the majors at many **California State University** campuses. In addition, students will be required to complete no more than 60 semester/90 quarter CSU units of coursework after transfer to complete the baccalaureate degree.

NOTE: Students considering transfer to a UC, private, or out-of-state school should consult a counselor BEFORE applying to transfer, as the transfer requirements may be different from those required for the History AA-T.

The most current list of CSU campuses accepting this Associate Degree for Transfer is available online at calstate.edu/transfer/adt-search/search.shtml.

Kinesiology, Associate Degree for Transfer

The Associate in Arts in Kinesiology for Transfer (AA-T) involves the study of human development, anatomy, physiology, mechanics, and motor learning. Within each subdiscipline, students study stressors — both positive and negative — that govern human performance. In addition, discussions focus on exercise, nutrition, and techniques used to achieve health and wellness. Students develop and integrate the concepts and principles from each subdiscipline to understand the complexity of the human body.

Upon completion of the Associate in Arts in Kinesiology for Transfer (AA-T), students will have a strong academic foundation in the field and be prepared for upper-division baccalaureate study. Students who have completed the Associate in Arts for Transfer in Kinesiology will have satisfied the lower-division requirements for transfer into Kinesiology or a similar major for many campuses in the California State University system.

The Associate in Arts for Transfer (AA-T) is designed to facilitate transfer admission to a CSU in a similar major. If you are considering transfer to a UC, private, or out-of-state school, consult a counselor regarding the transfer requirements of that institution.

Associate Degree for Transfer Requirements:

- Completion of 60 semester units or 90 quarter units of degree-applicable courses,
- Minimum overall grade point average of 2.0,
- Minimum grade of "C" (or "P") for each course in the major, and
- Completion of IGETC and/or CSU GE-Breadth

Note: while a minimum GPA of 2.0 is required for admission to a CSU, some majors/campuses may require a higher GPA. Please consult with a counselor for details.

Program Learning Outcomes: Upon completion of the program, students will demonstrate skills in anatomy, physiology, kinesiology, and motor learning, as well as an appreciation of the complexity of the human body as it relates to exercise, nutrition, and techniques used to achieve health and wellness.

Area of Emphasis: (20 units)

Required Core Courses: (11 units)

ANATMY 1, General Human Anatomy (4)

PHYS 3, Human Physiology (4)

PRO CR 10, Introduction to Kinesiology (3)

Movement Based Courses: Select 1 course from 3 different areas: (3 units)

Aquatics

KIN PE 48A, 48B, 48C, 48D, 49A, 49C, 49D, 50A, 50C, 51A, 51B

Combatives

KIN PE 34A, 34B, 41W

Dance

DANCE 14, 15, 17, 18, 19A, 20, 21A, 22A (formerly DANCE 22), 22B (formerly DANCE 23), 24, 25, 27, 27B, 29, 31A (formerly DANCE 31), 32A (formerly DANCE 32), 41, 42, 60

Fitness

KIN PE 2, 10A, 11A, 11B, 11C, 11N, 13, 15A, 17, 19A, 19B, 19C, 19D, 29A, 58A, 58B, 58C

Individual Sports

KIN PE 5A, 5B, 5C, 14A (*formerly KIN PE 14*), 14B, 14C, 15A, 16A, 25A, 25B, 25C, 25D, 53A, 53B, 54A, 54B, 54C, 54D, 56A, 56B

Team Sports

KIN PE 9A, 9B, 9C, 9W, 21, 21C, 43A, 45A, 57A, 57B, 57C, 59A, 59B, 59C

Support Courses: Select 2 courses from the following: (6 units minimum)

BIOL 2, Human Biology (3)

CHEM 10, Introductory General Chemistry (5)

or

CHEM 11, General Chemistry I (5)

or

CHEM 19, Fundamentals of General, Organic, and Biological Chemistry (5)

MATH 54, Elementary Statistics (4)

PHYSICS 6, General Physics 1 with Lab (4)

PHYSICS 8, Calculus-Based General Physics 1 with Lab (4)

or

PHYSICS 21, Mechanics with Lab (5)

Athletic Coaching, Associate Degree or Certificate of Achievement

The Athletic Coaching program prepares students to coach a variety of sports and fitness activities. The program includes courses in Kinesiology Physical Education, Athletics, and Nutrition. Students will understand the basics of training and fitness, prevention of injuries, nutrition, and the fundamental skills of the sport in their area of emphasis. Athletic Coaching can lead to employment as sport coaches at the High School, Collegiate, Recreational, and Club levels.

For additional career possibilities, visit the Career Services Center on the main campus to utilize computerized career information systems and other valuable career resources.

Program Learning Outcomes: Upon completion of the program, students will demonstrate how to safely train and prepare athletes and teams for competitions. They will also demonstrate the skills and techniques associated with the sport in their area of specialization, and will demonstrate familiarity with techniques for motivating athletes and team performance.

Area of Emphasis: (24 units)**Required Core Courses: (17 units)**

KIN PE 3, Introduction to Exercise Physiology I (3)

KIN PE 4, Introduction to Sport Psychology (3)

NUTR 4, Healthy Lifestyle: Food and Fitness (3)

PRO CR 11, Introduction to Sports Injuries (3)

PRO CR 19, Field Experience (2)

HEALTH 11, First Aid and Cardio-Pulmonary Resuscitation (3)

or

PRO CR 12, Emergency Care and Water Safety (3)

Area of Specialization; Select 1 course from the following: (3 units)

PRO CR 3, Coaching of Racquet Sports (3)

PRO CR 4, Coaching of Track and Field (3)

PRO CR 6A, Coaching of Football (3)

PRO CR 6B, Coaching of Baseball (3)

PRO CR 7, Coaching of Soccer (3)

PRO CR 8, Coaching of Basketball (3)

PRO CR 9, Coaching of Volleyball (3)

PRO CR 25, Personal Trainer Preparation (3)

Required Fitness Courses; complete a minimum of 2 units by selecting from the following courses:

KIN PE 2, Achieving Lifetime Fitness (3)

KIN PE 10A, Fitness Lab (*formerly KIN PE 10*) (1)

KIN PE 10C, Advanced Fitness Lab (1)

KIN PE 11A, Beginning Weight Training (1)

KIN PE 11B, Intermediate Weight Training (1)

KIN PE 11C, Advanced Weight Training (1)

KIN PE 11N, Individual Weight Training (1)

KIN PE 12, Olympic-Style Weightlifting (1)

KIN PE 17, Boxing for Fitness (1)

KIN PE 18, Beginning Fitness Walking (1)

KIN PE 19A, Fitness – Anaerobic Exercises (1)

KIN PE 19B, Fitness – Aerobic Exercises (1)

KIN PE 19C, Fitness – Body Level Exercises (1)

KIN PE 19D, Fitness – Aquatic Exercises (1)

KIN PE 29A, Pilates Mat Exercise (*formerly KIN PE 19E*) (1)

KIN PE 29B, Intermediate Pilates (1)

KIN PE 29C, Advanced Pilates (1)

KIN PE 58A, Beginning Yoga (1)

KIN PE 58B, Intermediate Yoga (1)

KIN PE 58C, Advanced Yoga (1)

VAR PE 11A, In-Season Intercollegiate Strength and Conditioning (1)

VAR PE 11B, Off-Season Intercollegiate Strength and Conditioning

(*formerly same as VAR PE 11*) ()

VAR PE 60, Conditioning for Intercollegiate Sport (1)

Sports Area: select 2 courses: 1 from List A and a different course from List B.

List A: Includes all KIN PE Courses that are NOT in the Fitness list: (1 unit required)

KIN PE 1A, Adaptive Physical Education (1)

KIN PE 5A, Beginning Badminton (1)

KIN PE 5B, Intermediate Badminton (1)

KIN PE 7C, Advanced Baseball for Men (1)

KIN PE 9A, Beginning Basketball (1)

KIN PE 9B, Intermediate Basketball (1)

KIN PE 13, Beginning Spinning (1)

KIN PE 14A, Beginning Distance Running/Cross Country (*formerly KIN PE 14*) (1)

KIN PE 14B, Intermediate Distance Running/Cross Country (1)

KIN PE 15A, Cycling (1)

KIN PE 16A, Beginning Rock Climbing (1)

KIN PE 21, Coed Touch Football (3)

KIN PE 25A, Beginning Golf (1)

KIN PE 25B, Intermediate Golf (1)

KIN PE 25C, Advanced Golf (1)

KIN PE 34A, Karate (1)

KIN PE 34B, Intermediate Karate (1)

KIN PE 34C, Advanced Intermediate Karate (1)

KIN PE 35A, Beginning Wushu/Kung Fu (1)

KIN PE 41M, Self Defense – Men (1)

KIN PE 41W, Self Defense – Women (1)

KIN PE 43A, Beginning Soccer (1)

KIN PE 43B, Intermediate Soccer (1)

KIN PE 43C, Advanced Soccer (1)

KIN PE 45A, Beginning Softball (1)

KIN PE 45B, Intermediate Softball (1)

KIN PE 46, Performance Cheerleading (3)

KIN PE 48A, Beginning Swimming (1)

KIN PE 48B, Elementary Swimming (1)

KIN PE 48C, Intermediate Swimming (1)

KIN PE 49A, Board Diving (3)

KIN PE 49C, Skin Diving (1)

KIN PE 50A, Beginning Water Polo (1)

KIN PE 50B, Intermediate Water Polo (1)

KIN PE 51A, Beginning Surfing (1)
 KIN PE 52A, Beginning Pickleball (1)
 KIN PE 53A, Table Tennis (1)
 KIN PE 54A, Beginning Tennis, First Level (1)
 KIN PE 54B, Beginning Tennis, Second Level (1)
 KIN PE 54C, Intermediate Tennis (1)
 KIN PE 56A, Beginning Track and Field (1)
 KIN PE 57A, Beginning Volleyball (1)
 KIN PE 57B, Intermediate Volleyball (1)
 KIN PE 59A, Beginning Beach Volleyball (1)
 KIN PE 59B, Intermediate Beach Volleyball (1)

List B: Highest Level Courses: (1 unit required)

KIN PE 5C, Advanced Badminton (1)
 KIN PE 9C, Advanced Basketball (1)
 KIN PE 9W, Advanced Basketball for Women (1)
 KIN PE 10C, Advanced Fitness Lab (1)
 KIN PE 11C, Advanced Weight Training (1)
 KIN PE 12, Olympic-Style Weightlifting (1)
 KIN PE 14C, Advanced Distance Running/Cross Country (1)
 KIN PE 16B, Intermediate Rock Climbing (1)
 KIN PE 21C, Advanced Football for Men (1)
 KIN PE 25D, Golf Player Development (1)
 KIN PE 34D, Advanced Karate (1)
 KIN PE 35B, Intermediate Wushu/Kung Fu (1)
 KIN PE 43D, Competitive Soccer (1)
 KIN PE 45C, Advanced Softball (1)
 KIN PE 45D, Competitive Softball (1)
 KIN PE 48D, Advanced Swimming (1)
 KIN PE 50C, Advanced Water Polo (1)
 KIN PE 50D, Competitive Water Polo (1)
 KIN PE 51B, Intermediate Surfing (1)
 KIN PE 52B, Intermediate Pickleball (1)
 KIN PE 53B, Intermediate Table Tennis (1)
 KIN PE 54D, Advanced Tennis (1)
 KIN PE 56C, Intermediate-Advanced Track and Field (1)
 KIN PE 56D, Advanced Track and Field (1)
 KIN PE 57C, Advanced Volleyball (1)
 KIN PE 59C, Advanced Beach Volleyball (1)
 VAR PE 9V, Varsity Basketball for Men (3)
 VAR PE 9W, Varsity Basketball for Women (3)
 VAR PE 14V, Varsity Cross Country for Men (3)
 VAR PE 14W, Varsity Cross Country for Women (3)
 VAR PE 20V, Advanced Football for Men (1)
 VAR PE 21V, Varsity Football for Men (3)
 VAR PE 43V, Varsity Soccer for Men (3)
 VAR PE 43W, Varsity Soccer for Women (3)
 VAR PE 45W, Varsity Softball for Women (3)
 VAR PE 48V, Varsity Swimming and Diving for Men (3)
 VAR PE 48W, Varsity Swimming and Diving for Women (3)
 VAR PE 50V, Varsity Water Polo for Men (3)
 VAR PE 50W, Varsity Water Polo for Women (3)
 VAR PE 54W, Varsity Tennis for Women (3)
 VAR PE 56V, Varsity Track and Field for Men (3)
 VAR PE 56W, Varsity Track and Field for Women (3)
 VAR PE 57V, Varsity Volleyball for Men (3)
 VAR PE 57W, Varsity Volleyball for Women (3)
 VAR PE 59W, Varsity Beach Volleyball for Women (3)