

# KINESIOLOGY

ASSOCIATE DEGREE &amp; CERTIFICATE PROGRAMS

2021-2022 CATALOG

## DESCRIPTION

The Kinesiology Program is designed for students wishing to transfer to any four year institution. Courses are designed to provide the opportunity for students to develop a solid academic foundation in the human movement and sciences areas with a focus on career goals such as physical therapy, athletic training, teaching physical education in the K-12 setting, coaching, and health/wellness promotion.

## ASSOCIATE DEGREE FOR TRANSFER AND CERTIFICATE PROGRAMS

Students who complete an [Associate Degree for Transfer \(ADT\)](#) and transfer to a similar major at a CSU are guaranteed a pathway to finish their baccalaureate degrees in 60 semester or 90 quarter units. These degrees require students to meet both of the following requirements: (1) Completion of 60 semester units or 90 quarter units that are eligible for transfer to the California State University, including both of the following: (A) The Intersegmental GE Transfer Curriculum (IGETC) or the California State University GE-Breadth Requirements (CSU GE-Breadth). (B) A minimum of 18 semester units or 27 quarter units in a major or area of emphasis, as determined by the community college district. (2) Obtainment of a minimum grade point average of 2.0.

[A Certificate Program](#) is designed for students who desire specific training to meet an immediate occupational or personal goal, or for promotion or lateral transfer within their existing field of employment. To qualify for a Certificate of Achievement or a Certificate of Specialization, a student must 1) complete all courses required for the Certificate with an overall grade point average of 2.0.

## DEGREES, CERTIFICATES & AWARDS

- Associate in Arts for Transfer (A.A.-T.)
- Certificate of Specialization (C.S.)

## CAREER OPPORTUNITIES

- Athletics and Sports Management
- Coaches and Scouts
- Exercise Physiologists
- Fitness Trainers and Group Fitness Professionals
- Physical Therapy and Sports Medicine
- Recreation and Fitness Studies Teachers, Postsecondary

## CONTACT

Division Chair: Allison Head  
Division Assistant: Nancy Webb  
Phone: (805) 546-3207

**ASSOCIATE DEGREE FOR TRANSFER PROGRAM**

**Kinesiology** — Associate in Arts for Transfer

**Required Courses (12 credits)**

KINE 201 . . . . .	Introduction To Kinesiology . . . . .	3
BIO 205 . . . . .	Human Anatomy . . . . .	4
BIO 206 . . . . .	General Human Physiology . . . . .	5

**Movement Based Courses - Select one course from three of the following areas for a minimum of three credits: Aquatics, Combatives, Team Sports, Individual Sports, Fitness, Dance. (3 credits)**

Additional pre-approved KINA courses may qualify for one of these Movement-Based categories. See a counselor for details.

**Aquatics**

KINA 241 . . . . .	Water Polo Techniques . . . . .	0.5 - 1
KINA 292 . . . . .	Swimming & Diving Applications . . . . .	2
KINA 293 . . . . .	Swimming Techniques . . . . .	0.5 - 1
KINA 294 . . . . .	Lap Swimming . . . . .	0.5 - 1

**Combatives**

KINA 217 . . . . .	Kickboxing For Fitness . . . . .	0.5 - 1
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**Dance**

KINA 213 . . . . .	Zumba . . . . .	1
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**Fitness**

KINA 201 . . . . .	Weight Training . . . . .	0.5 - 1
KINA 202 . . . . .	Strength Training For Sport Performance . . . . .	0.5 - 1
KINA 203 . . . . .	Endurance Circuit Weight Training . . . . .	0.5 - 1
KINA 204 . . . . .	Power Lifting . . . . .	1
KINA 205 . . . . .	Resistance Training . . . . .	1
KINA 210 . . . . .	Advanced Weight Training . . . . .	0.5 - 1
KINA 212 . . . . .	Cardio Step Training . . . . .	1
KINA 214 . . . . .	Core Fitness With Cardio . . . . .	1
KINA 222 . . . . .	Pilates . . . . .	0.5 - 1
KINA 223 . . . . .	Pilates Barre . . . . .	1
KINA 224 . . . . .	Core Pilates . . . . .	1
KINA 231 . . . . .	Cardio Bootcamp . . . . .	0.5 - 1
KINA 232 . . . . .	Cardio Endurance Conditioning . . . . .	0.5 - 1
KINA 233 . . . . .	Sport Specific Conditioning . . . . .	0.5 - 1
KINA 234 . . . . .	Cross Fitness Training . . . . .	0.5 - 1
KINA 246 . . . . .	Yoga For Fitness . . . . .	0.5 - 1

**Individual Sports**

KINA 206 . . . . .	Trx Full Body Fitness . . . . .	1
KINA 227 . . . . .	Indoor Cycling For Fitness . . . . .	0.5 - 1

Continued on the next page

**TRANSFER PREPARATION**

Courses that fulfill major requirements for an associate degree may differ from those needed to prepare to transfer. Students who plan to transfer to a four-year college or university should schedule an appointment with a Cuesta College counselor to develop a student education plan (SEP) before beginning their program.

**TRANSFER RESOURCES:**

CSU and UC Articulation Agreements and Majors Search Engine:

[www.ASSIST.org](http://www.ASSIST.org)

CSU System Information:

[www2.calstate.edu](http://www2.calstate.edu)

**FINANCIAL AID**

Paying for the cost of a college education requires a partnership among parents, students and the college. As the cost of higher education continues to rise we want you to know that Cuesta College offers a full array of financial aid programs—grants, work study, scholarships, federal loan programs, and fee waivers. These programs are available to both full-and part-time students who are seeking a degree or certificate. For those who qualify, financial aid is available to help with tuition, fees, books and supplies, food, housing, transportation, and childcare. Please log onto our website for additional information:

[www.cuesta.edu/student/student-services/financial-aid](http://www.cuesta.edu/student/student-services/financial-aid)

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KINA 236	Backpacking	1
KINA 237	Racquet Sports For Lifetime Fitness	0.5 - 1
KINA 238	Golf	0.5 - 1
KINA 251	Half/Marathon Training	0.5 - 1
KINA 252	Introduction To Outdoor Fitness	0.5 - 1
KINA 266	Wrestling	0.5 - 1
KINA 267	Freestyle Wrestling	0.5 - 1

#### Team Sports

KINA 208	Track And Field Techniques	1
KINA 256	Volleyball Techniques	0.5 - 1
KINA 261	Soccer	0.5 - 1
KINA 271	Basketball Techniques	0.5 - 1
KINA 272	Fundamentals Of Basketball	1
KINA 277	Basketball Techniques And Applications	0.5 - 1
KINA 278	Basketball For Lifetime Fitness	0.5 - 1
KINA 281	Softball Fundamentals	0.5 - 1

Athletics (ATHL) classes cannot be used towards Major requirements.

#### List A: Select two courses (minimum 6 credits) from the following:

MATH 236	Introduction To Applied Statistics	3
or MATH 247	Introduction To Statistics	(4)
CHEM 201A	General College Chemistry	5
PHYS 205A	General Physics	4
or PHYS 208A	Principles Of Physics 1	(5)
HEED 204	Standard First Aid And CPR (Cardiopulmonary Resuscitation)	3

**Total Credits:** 21 - 25

"P" (Pass) grade is acceptable for major coursework in the Associate Degrees for Transfer. In addition to major preparation course work listed above, completion of the CSU GE or IGETC pattern is mandatory.

Courses completed for the major can also be double counted towards GE, where appropriate. See a counselor for details.

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**CERTIFICATE PROGRAMS****Coaching** — Certificate of Specialization**Required Courses (9 credits)**

KINE 202 . . . . .	Principles Of Coaching . . . . .	3
REC 203 . . . . .	Intramural And Recreational Sport Programming . . . . .	3
KINE 213 . . . . .	Introduction To Prevention And Care Of Athletic Injuries . . . . .	3
<b>Total Credits:</b> . . . . .		<b>9</b>

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**Exercise Science** — Certificate of Specialization**Required Courses (14-15 credits)**

KINE 214 . . . . .	Introduction To Exercise Science . . . . .	3
KINE 224 . . . . .	Certified Personal Trainer . . . . .	3
or KINE 218 . . . . .	Exercise Leadership . . . . .	(3)
BIO 205 . . . . .	Human Anatomy . . . . .	4
or BIO 212 . . . . .	Human Biology . . . . .	(3)
NUTR 210 . . . . .	Nutrition . . . . .	3
or NUTR 230 . . . . .	Nutrition For Fitness And Sport . . . . .	(3)
Also required: two credits of course work from any of the following activity disciplines: "KINA" (Kinesiology Activity) or "ATHL" (Athletics) . . . . .		2
<b>Total Credits:</b> . . . . .		<b>14 - 15</b>

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**Personal Training** — Certificate of Specialization**Required Courses (16 credits)**

BIO 205 . . . . .	Human Anatomy . . . . .	4
NUTR 230 . . . . .	Nutrition For Fitness And Sport . . . . .	3
KINE 213 . . . . .	Introduction To Prevention And Care Of Athletic Injuries . . . . .	3
KINE 214 . . . . .	Introduction To Exercise Science . . . . .	3
KINE 218 . . . . .	Exercise Leadership . . . . .	3
or KINE 224 . . . . .	Certified Personal Trainer . . . . .	(3)
<b>Total Credits:</b> . . . . .		<b>16</b>

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