Kinesiology Coaching Emphasis AS

**REQUIRED**
- HSCI 230 Advanced First Aid / CPR
- KINES 210 Introduction to Kinesiology
- KINES 234 Introduction to Sports Medicine and Athletic Training
- KINES 240 Principles of Optimizing Human Performance
- KINES 242 Exercise Techniques and Fitness Assessments
- KINES 246 Sport and Exercise Psychology
- KINES 248 Sport and Society
- PSYCH 101 Introduction to Psychology

**GROUP A**
**COACHING EMPHASIS**
**TAKE 3 units**
- KINES 260 Theory of Coaching Individual Sports
- KINES 262 Theory of Coaching Team Sports

**GROUP B**
**TAKE 3 units**
- NUTRI 120 Sports Nutrition
- NUTRI 160 Nutrition Science and Applications

**GROUP C**
**TAKE 3 units**
- BUS 240 Business Statistics
- MATH 142 Elementary Statistics / Probability
- MATH 135 College Algebra

**GROUP D**
**TAKE 2 units**
- KNACT 100A Beg Swimming
- KNACT 100B Int Swimming
- KNACT 136 Distance Track Training
- KNACT 160A Beg Badminton
- KNACT 160B Int Badminton

**GROUP E**
**TAKE 2 units**
- BIOSC 101 Fundamentals of Biological Science
- BIOSC 102 Fundamentals of Biological Science with Lab
- BIOSC 116 Human Biology
- BIOSC 139 Human Anatomy
- BIOSC 140 Human Physiology*

**GROUP F**
**TAKE 2 units**
- KNICA 199 Sport-specific Athletic Conditioning

**PROGRAM LEARNING OUTCOMES**
1. Develop practice plans, analyze strategy and teach techniques specific to a chosen sport.
2. Incorporate concepts of an athlete's psychological and physical health to improve performance.
3. Develop an educational and career plan matched to their skills, aptitudes and professional requirements.

**CAREERS IN**
- Coaching
- Sport or recreation administration
- Fitness, spa, wellness centers
- Personal training

Complete 60 degree applicable units along with completion of all required general education requirements. It is highly recommended that you see a counselor for specific courses that will best meet your educational plan/goals. Not all courses on the map are offered every term. Consult the Catalog and the Schedule of Classes for more details.

For information about transferring, see:
https://www.dvc.edu/enrollment/transfer/index.html

For information on careers in this field see:
https://www.dvc.edu/enrollment/career-employment/index.html

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