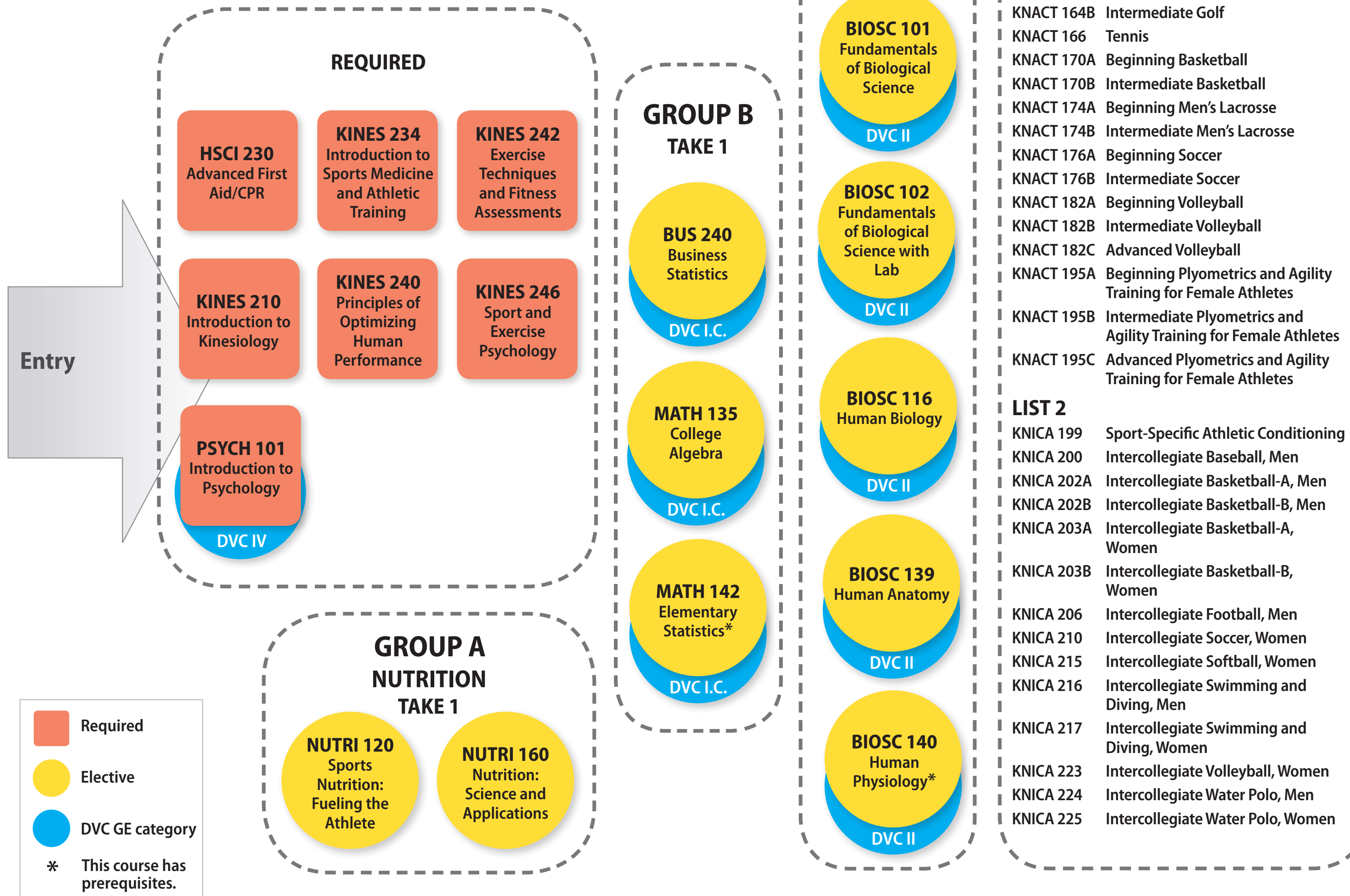


Kinesiology AS



Entry

REQUIRED

HSCI 230
Advanced First Aid/CPR

KINES 234
Introduction to Sports Medicine and Athletic Training

KINES 242
Exercise Techniques and Fitness Assessments

KINES 210
Introduction to Kinesiology

KINES 240
Principles of Optimizing Human Performance

KINES 246
Sport and Exercise Psychology

PSYCH 101
Introduction to Psychology

DVC IV

GROUP A NUTRITION TAKE 1

NUTRI 120
Sports Nutrition: Fueling the Athlete

NUTRI 160
Nutrition: Science and Applications

GROUP B TAKE 1

BUS 240
Business Statistics

DVC I.C.

MATH 135
College Algebra

DVC I.C.

MATH 142
Elementary Statistics*

DVC I.C.

GROUP C TAKE 1

BIOSC 101
Fundamentals of Biological Science

DVC II

BIOSC 102
Fundamentals of Biological Science with Lab

DVC II

BIOSC 116
Human Biology

DVC II

BIOSC 139
Human Anatomy

DVC II

BIOSC 140
Human Physiology*

DVC II

Take 2 units from list 1 or list 2

LIST 1

- KNACT 100A Beginning Swimming
- KNACT 100B Intermediate Swimming
- KNACT 136 Distance Track Training
- KNACT 160A Beginning Badminton
- KNACT 160B Intermediate Badminton
- KNACT 164A Beginning Golf
- KNACT 164B Intermediate Golf
- KNACT 166 Tennis
- KNACT 170A Beginning Basketball
- KNACT 170B Intermediate Basketball
- KNACT 174A Beginning Men's Lacrosse
- KNACT 174B Intermediate Men's Lacrosse
- KNACT 176A Beginning Soccer
- KNACT 176B Intermediate Soccer
- KNACT 182A Beginning Volleyball
- KNACT 182B Intermediate Volleyball
- KNACT 182C Advanced Volleyball
- KNACT 195A Beginning Plyometrics and Agility Training for Female Athletes
- KNACT 195B Intermediate Plyometrics and Agility Training for Female Athletes
- KNACT 195C Advanced Plyometrics and Agility Training for Female Athletes

LIST 2

- KNICA 199 Sport-Specific Athletic Conditioning
- KNICA 200 Intercollegiate Baseball, Men
- KNICA 202A Intercollegiate Basketball-A, Men
- KNICA 202B Intercollegiate Basketball-B, Men
- KNICA 203A Intercollegiate Basketball-A, Women
- KNICA 203B Intercollegiate Basketball-B, Women
- KNICA 206 Intercollegiate Football, Men
- KNICA 210 Intercollegiate Soccer, Women
- KNICA 215 Intercollegiate Softball, Women
- KNICA 216 Intercollegiate Swimming and Diving, Men
- KNICA 217 Intercollegiate Swimming and Diving, Women
- KNICA 223 Intercollegiate Volleyball, Women
- KNICA 224 Intercollegiate Water Polo, Men
- KNICA 225 Intercollegiate Water Polo, Women

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.

Careers in

- Athletic training
- Physical therapy
- Coaching
- Education/teaching

Required

Elective

DVC GE category

* This course has prerequisites.

You need to see a Counselor for specific recommendations about courses that will best meet your educational 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>