Required

Elective

IGETC category

This course has prerequisites.

Kinesiology AA-T

GROUP A
TAKE 6 units

- BUS 240 Business Statistics
- MATH 142 Elementary Statistics

or

- PHYS 120 General College Physics
- PHYS 130 Physics for Engineers and Scientists

IGETC 2

IGETC 5A

GROUP B
TAKE at least 3 total units from 3 areas: maximum of 1 course for minimum of 1 unit per area

- TEAM SPORTS
  - KNACT 170 Basketball
  - 172 Flag Football
  - 176 Soccer
  - 182 Volleyball

- DANCE
  - KNAND 100 Intro to Dance
  - 164 Ballroom/Social

- FITNESS
  - KNACT 110 Yoga
  - 116 Aerobics/Step Aerobics
  - 118 Cardio Kick
  - 130 Fit Walk
  - 134 Fit Jog
  - 148 Power Lifting
  - KNDAN 105 Pilates

- AQUATICS
  - KNACT 100 Swimming
  - 102 Aquatic Fitness
  - 104 Water Aerobics

- COMBATIVES
  - KNCMB 110 Self Defense
  - 118 Taekwondo
  - 126 Aikido
  - 134 Karate

- INDIVIDUAL SPORTS
  - KNACT 160 Badminton
  - 162 Bowling
  - 164 Golf
  - 166 Tennis

PROGRAM LEARNING OUTCOMES

1. Describe and explain the scholarly study of human movement and its significance to our understanding of physical activity.
2. Assess the importance of physical activity in our daily lives (e.g. recreation, self-expression, health, competition).
3. Differentiate among the sub-disciplines of kinesiology (e.g. history, biomechanics, philosophy) and discuss the knowledge specific to those areas.
4. Demonstrate knowledge in related disciplines required as core preparation for kinesiology majors (e.g. chemistry, biology, physics, statistics).
5. Apply a variety of research methods to locate and use appropriate information from various sources.

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

4-10-2021

Careers in

- Physical education
- Coaching
- Physical therapy
- Fitness instruction