

KINESIOLOGY

ASSOCIATE DEGREE & CERTIFICATE PROGRAMS

2023-2024 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 Achievement (C.A.)
- 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
Email: allison_head@cuesta.edu
Division Assistant: Nancy Webb
Email: nwebb@cuesta.edu
Office: Bldg 1300, Rm 1305
Phone: (805) 546-3207

ASSOCIATE DEGREE FOR TRANSFER PROGRAM

Kinesiology — Associate in Arts for Transfer

Completion of the Associate in Arts in Kinesiology degree (AA-T in Kinesiology) provides the foundation to pursue a baccalaureate degree and guarantees admission to the CSU system in Kinesiology or a similar major. Students will complete lower division requirements for a CSU Kinesiology major and will be prepared to apply the basic principles of exercise physiology, functional anatomy, motor behavior, sport medicine, and biomechanics. Students in this field typically pursue careers in physical therapy, sport medicine, physical education, sport management, fitness/wellness, and coaching.

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	0.5 - 1
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	0.5 - 1
KINA 222	Pilates	0.5 - 1
KINA 223	Pilates Barre	0.5 - 1
KINA 224	Core Pilates	0.5 - 1
KINA 225	Ballet For Strength And Flexibility	0.5 - 1
KINA 244	Restorative Yoga	0.5 - 1

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	0.5 - 1
KINA 205	Resistance Training	0.5 - 1
KINA 210	Advanced Weight Training	0.5 - 1
KINA 212	Cardio Step Training	0.5 - 1
KINA 214	Core Fitness With Cardio	0.5 - 1

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

CSU System Information:

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/studentservices/finaid

KINA 229	TRX For High Intensity Interval Training	0.5 - 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 245	Power Yoga	0.5 - 1
KINA 246	Yoga For Fitness	0.5 - 1

Individual Sports

KINA 206	Trx Full Body Fitness	0.5 - 1
KINA 227	Indoor Cycling For Fitness	0.5 - 1
KINA 228	Indoor Cycling For Cross Training	0.5 - 1
KINA 235	Hiking The San Luis Obispo County Trails	0.5 - 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 209	Introduction To Ultimate Frisbee	0.5 - 1
KINA 208	Track And Field Techniques	0.5 - 1
KINA 256	Volleyball Techniques	0.5 - 1
KINA 261	Soccer	0.5 - 1
KINA 260	Soccer Skills And Tactics	0.5 - 1
KINA 271	Basketball Techniques	0.5 - 1
KINA 272	Fundamentals Of Basketball	0.5 - 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
KINA 286	Advanced Baseball Applications	2
KINA 287	Baseball Techniques	0.5 - 1

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

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

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: 22 - 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.

[Click Here For Program Student Learning Outcomes](#)

CERTIFICATE PROGRAMS

Exercise Science - Fitness Professional — Certificate of Achievement

The Exercise Science - Fitness Specialist Certificate is designed to provide students with opportunities to acquire the knowledge, skills, and abilities that are essential for competency and success in the commercial and corporate fitness industries. In addition, the program is designed to prepare students to pass national exams for certifications such as: American College of Sports Medicine’s Group Exercise Leader (GEL) certification, American Council on Exercise (ACE) Group Fitness Instructor Certification, American College of Sports Medicine Certified Personal Trainer (CPT) and National Academy of Sport Medicine (NASM) Personal Trainer Certification.

Required Courses (17 units)

KINE 214	Introduction To Exercise Science	3
KINE 224	Certified Personal Trainer	3
or KINE 218	Exercise Leadership	(3)
KINE 219	Coaching Wellness Behaviors	2
KINE 220	Personalized Fitness Planning For Lifetime Wellness	1
KINE 213	Introduction To Prevention And Care Of Athletic Injuries	3
HEED 204	Standard First Aid And CPR (Cardiopulmonary Resuscitation)	3
NUTR 240	Personalized Nutrition Planning For Lifetime Wellness	1
	One unit of from any Kinesiology Activity (KINA) course. "ATHL" (Athletics) designated courses do not meet this requirement.	1
	Students completing this certificate may be interested in taking KINE 252 Work Experience in Kinesiology.	
Total Credits:		17

[Click Here For Program Student Learning Outcomes](#)

Fitness and Health — Certificate of Achievement

A Certificate of Achievement in Fitness and Health is designed to prepare a student for work in the personal fitness field. Students who complete the Fitness and Health Certificate will be prepared to sit for the certification exam from an accredited personal training or group exercise leadership organization such as the American College of Sports Medicine. This certificate is a good choice for those not yet ready to complete the Exercise Science - Fitness Professional certificate.

Required Courses (18 credits)

KINE 214	Introduction To Exercise Science	3
KINE 218	Exercise Leadership	3
KINE 224	Certified Personal Trainer	3
HEED 208	Multicultural Health	3
NUTR 210	Nutrition	3
HEED 206	Health Aspects Of Drug Use.	3
or ASHS 205	Life Management.	(3)
or ASHS 212	Human Development: Life Span	(3)
or ASHS 278	Families And Addiction	(3)
Total Credits:		18

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Sports Medicine — Certificate of Achievement

The Sports Medicine certificate is designed to provide students with opportunities to acquire the basis of knowledge, skills, and abilities for a potential career in sports medicine and/or athletic training. The certificate is designed to affirm student's practicum skills in basic sport injury care, prevention, and rehabilitation.

KINE 214	Introduction To Exercise Science	3
KINE 213	Introduction To Sports Medicine.	3
KINE 210	Athletic Training And Sports Medicine Lab Level 1	2 - 4
KINE 211	Athletic Training And Sports Medicine Lab Level 2	2 - 4
HEED 204	Standard First Aid And CPR (Cardiopulmonary Resuscitation)	3
BIO 205	Human Anatomy	4
Total Credits:		17 - 21

[Click Here For Program Student Learning Outcomes](#)

Coaching — Certificate of Specialization

The Coaching Certificate of Specialization is designed to prepare students who are interested in pursuing a career in coaching, need training to complete a coaching certification and/or who serve as youth and high school coaches.

Required Courses (6 credits)

KINE 202 Principles Of Coaching	3
HEED 204 Standard First Aid And CPR (Cardiopulmonary Resuscitation)	3
Total Credits:	6

[Click Here For Program Student Learning Outcomes](#)



Highway 1
San Luis Obispo, California 93403