

KINESIOLOGY (KIN)

missioncollege.edu/depts/kinesiology

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Dean: Jeffrey Pallin

Associate in Arts in Kinesiology for Transfer (AA-T)

The Associate in Arts in Kinesiology for Transfer (AA-T in Kinesiology) is designed to provide a clear pathway to a CSU institution for students who plan to transfer and complete a CSU major or baccalaureate degree in Kinesiology. California Community College students who are awarded an Associate in Arts in Kinesiology for Transfer (AA-T in Kinesiology) are guaranteed admission with junior standing somewhere in the CSU system and given priority admission consideration to their local CSU institution or to a program that is deemed similar to their community college major. This priority does not guarantee admission to specific majors or institutions.

The Associate in Arts in Kinesiology for Transfer (AA-T in Kinesiology) is designed to introduce the student to many facets of the science and study of movement. Kinesiology courses enhance skills and physical development in combatives, dance, individual and team sports, and fitness. Courses provide a foundation for understanding human anatomy and physiology. Students completing this program successfully will be able to demonstrate an understanding of the major systems of the human body as they relate to movement and activity by identifying, explaining, and applying principles of anatomy and physiology in various contexts. Students who complete the Associate in Arts in Kinesiology for Transfer (AA-T in Kinesiology) meet the lower-division requirements for transfer to a four-year program of study in Kinesiology.

Program Learning Outcomes:

- Students will demonstrate an understanding of the major systems of the human body as they relate to movement and activity by identifying, explaining, and applying principles of anatomy and physiology in various contexts.
- Students will critically analyze movement and effectively communicate their analysis.

Career/Transfer Opportunities:

Students have the skills and knowledge to transfer to a four-year institution (with the completion of a the Associate in Arts in Kinesiology for Transfer (AA-T in Kinesiology), and pursue a career in the following areas: coach, teacher, athletic trainer, sports management, sports medicine, dance therapy, and choreography.

To earn this degree, students must meet the following requirements:

1. Completion of the following major courses with grades of C or better.
2. Completion of a maximum of 60 CSU-transferable semester units with a grade point average of at least 2.0; and
3. Certified completion of either the California State University General Education Breadth pattern (CSU GE-B) or the Intersegmental General Education Transfer Curriculum (IGETC).

Note: Completing courses that satisfy CSU's U.S. History, Constitution and American Ideals requirement prior to transfer is highly recommended.

Core Curriculum Courses Required:

		Units
BIO 047	Human Anatomy	5.0
BIO 048	Human Physiology	5.0
KIN 078	Introduction to Kinesiology	3.0

Movement Based Courses: Select three (3) courses from three (3) different movement based areas for a minimum of three (3) units: Combatives, Dance, Fitness, Individual Sports, Team Sports.

Combatives:

		Units
KIN 050A	Tai Chi - Introduction	1.0
KIN 050B	Tai Chi - Beginning	1.0
KIN 051A	Aikido - Introduction	1.0
KIN 051B	Aikido - Beginning	1.0
KIN 053A	Karate - Introduction	1.0
KIN 053B	Karate - Beginning	1.0
KIN 055A	Self-Defense - Introduction	1.0

Dance:

		Units
KIN 040A	Modern Dance - Introduction	1.0
KIN 041A	Ballet - Introduction	1.0
KIN 041B	Ballet - Beginning	1.0
KIN 041C	Ballet - Intermediate	1.0
KIN 041D	Ballet - Advanced	1.0
KIN 042A	Jazz Dance - Introduction	1.0
KIN 042B	Jazz Dance - Beginning	1.0
KIN 046A	Ballroom Dancing - Introduction	1.0
KIN 046C	Ballroom Dance - Intermediate	1.0
KIN 046B	Ballroom Dancing - Beginning	1.0
KIN 046D	Ballroom Dance - Advanced	1.0
KIN 047A	Hip Hop - Introduction	1.0
KIN 047B	Hip Hop - Beginning	1.0
KIN 048A	Latin Dance/Salsa - Introduction	1.0
KIN 048B	Latin Dance/Salsa - Beginning	1.0

Fitness:

		Units
KIN 030A	Pilates Matwork - Introduction	1.0
KIN 030B	Pilates Matwork - Beginning	1.0
KIN 031A	Step Aerobics - Introduction	1.0
KIN 031B	Step Aerobics - Beginning	1.0
KIN 032A	Aerobics-Introduction	1.0
KIN 032B	Aerobics- Beginning	1.0
KIN 033A	Kickboxing Fitness- Introduction	1.0
KIN 033B	Kickboxing Fitness - Beginning	1.0
KIN 035A	Weight Training - Introduction	1.0
KIN 035B	Weight Training - Beginning	1.0
KIN 035C	Weight Training - Intermediate	1.0
KIN 037A	Cardio-Cross Training - Introduction	1.0

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Associate in Arts in Kinesiology for Transfer (AA-T) Continued

KIN 037B	Cardio-Cross Training - Beginning	1.0
KIN 038A	Lower Body Conditioning Introduction	1.0
KIN 038B	Lower Body Conditioning Beginning	1.0
KIN 038C	Lower Body Conditioning - Intermediate	1.0
KIN 038D	Lower Body Conditioning Advanced	1.0
KIN 061A	Hatha Yoga - Introduction	1.0
KIN 061B	Hatha Yoga - Beginning	1.0
KIN 061C	Hatha Yoga - Intermediate	1.0
KIN 063A	Hiking - Introduction	1.0
KIN 063B	Hiking - Beginning	1.0

Individual Sports:

		Units
KIN 021A	Tennis - Introduction	1.0
KIN 021B	Tennis - Beginning	1.0
KIN 021C	Tennis - Intermediate	1.0
KIN 021D	Tennis - Advanced	1.0
KIN 021E	Tennis - Tournament	2.0
KIN 021F	Tennis - Doubles Strategies and Play	1.5
KIN 023A	Archery: Introduction	1.0
KIN 020A	Badminton - Introduction	1.0
KIN 020B	Badminton: Beginning	1.0
KIN 020C	Badminton - Intermediate	1.0

Team Sports:

		Units
KIN 014A	Volleyball - Introduction	1.0
KIN 014B	Volleyball - Beginning	1.0
KIN 015A	Basketball - Introduction	1.0
KIN 015B	Basketball - Beginning	1.0
KIN 019A	Soccer - Introduction	1.0
KIN 019B	Soccer - Beginning	1.0

Select two (2) courses from the following courses:

		Units
BIO 011	Human Biology	4.0
CHM 001A	General Chemistry I	5.0
CHM 030A	Fundamentals of Chemistry	4.0
MAT 010	Elementary Statistics	4.0
PHY 002A	General Physics - Mechanics and Thermodynamics	5.0

Required Units for the Major: 24.0-27.0

Completion of General Education Requirements and electives as needed to reach 60 units.

Total Required Units: 60.0

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Certificate of Achievement in Fitness & Health

The Fitness and Health Certificate at Mission College is designed to provide an in-depth study and practical application of the current standards and foundational skills of assessment, fitness testing, program design, implementation and evaluation of fitness and exercise programs as well as nutrition, mental health management and behavior modification techniques. This certificate is aimed at helping students who are seeking careers or additional training in the fitness and health industry. Therefore, in addition to learning the academic, foundational principles of fitness and health in the traditional classroom, students will also engage in hands-on learning and teaching techniques, which will aid them in being prepared to work in the field. This program also helps to prepare students to sit for nationally recognized fitness and health certification exams from organizations such as: American Council on Exercise (ACE), National Academy of Sports Medicine (NASM), Aerobics and Fitness Association of America (AFAA), and National Strength and Conditioning Association (NSCA).

Program Learning Outcomes:

- Students will exhibit an understanding of the impact of training on the major systems of the human body and apply industry best practices to develop safe and effective training programs.
- Students will demonstrate the ability to conduct safe, motivational, and effective individual and group exercise training programs.
- Students will demonstrate knowledge of learned content by successfully passing exams from certifying agencies.

Career/Transfer Opportunities:

Students will enroll in UC and CSU transferable courses and have the skills and knowledge to pursue a career in the following: personal training, group fitness instructing, health or wellness coaching, weight management consulting, and fitness entrepreneurship.

To earn this certificate, students must complete the minimum required courses with a grade of C (or P) or better.

Core Courses Required (12.5 units)	Units
HOC 004 First Aid and CPR	0.5
KIN 066 Exercise Assessment and Program Design	3.0
KIN 067 Techniques of Fitness Instruction	3.0
KIN 068 Sport Psychology OR	3.0
KIN 079 Lifetime Fitness	3.0
NTR 015 Human Nutrition	3.0

Select one (1) course from the following list of electives: 3 units

BUS 023 Social Media Marketing	3.0
BUS 051 Introduction to American Business	3.0
KIN 069 Stress Management Through Fitness and Lifestyle	3.0
KIN 081 Sport in Society	3.0

Select one to two courses from the following list of Kinesiology activity courses: 2 units

	Units
KIN 014A Volleyball - Introduction	1.0
KIN 014B Volleyball - Beginning	1.0
KIN 014C Volleyball - Intermediate	1.0
KIN 014D Volleyball - Advanced	1.0
KIN 015A Basketball - Introduction	1.0
KIN 015B Basketball - Beginning	1.0
KIN 015C Basketball - Intermediate	1.0
KIN 015D Basketball - Advanced	1.0
KIN 019A Soccer - Introduction	1.0
KIN 019B Soccer - Beginning	1.0
KIN 020A Badminton - Introduction	1.0
KIN 020B Badminton: Beginning	1.0
KIN 020C Badminton - Intermediate	1.0
KIN 020D Badminton - Advanced	1.0
KIN 021A Tennis - Introduction	1.0
KIN 021B Tennis - Beginning	1.0
KIN 021C Tennis - Intermediate	1.0
KIN 021D Tennis - Advanced	1.0
KIN 023A Archery - Introduction	1.0
KIN 023B Archery - Beginning	1.0
KIN 023C Archery - Intermediate	1.0
KIN 023D Archery - Advanced	1.0
KIN 030A Pilates Matwork - Introduction	1.0
KIN 030B Pilates Matwork - Beginning	1.0
KIN 030C Pilates Matwork - Intermediate	1.0
KIN 030D Pilates Matwork - Advanced	1.0
KIN 032A Cardio and Core Fitness -Introduction	1.0
KIN 032B Cardio and Core Fitness -Beginning	1.0
KIN 032C Cardio and Core Fitness -Intermediate	1.0
KIN 032D Cardio and Core Fitness -Advanced	1.0
KIN 033A Kickboxing Fitness- Introduction	1.0
KIN 033B Kickboxing Fitness - Beginning	1.0
KIN 033C Kickboxing Fitness - Intermediate	1.0
KIN 035A Weight Training - Introduction	1.0
KIN 035B Weight Training - Beginning	1.0
KIN 035C Weight Training - Intermediate	1.0
KIN 037A Cardio-Cross Training - Introduction	1.0
KIN 037B Cardio-Cross Training - Beginning	1.0
KIN 037C Cardio-Cross Training - Intermediate	1.0

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Certificate of Achievement in Fitness & Health

KIN 037D Cardio-Cross Training - Advanced	1.0
KIN 038A Lower Body Conditioning Introduction	1.0
KIN 038B Lower Body Conditioning Beginning	1.0
KIN 038C Lower Body Conditioning - Intermediate	1.0
KIN 038D Lower Body Conditioning - Advanced	1.0
KIN 038E Lower Body Conditioning – Endurance Training	1.0
KIN 038F Lower Body Conditioning - Speed Training	1.0
KIN 038G Lower Body Conditioning - Agility Training	1.0
KIN 038J Lower Body Conditioning - Plyometric Training	1.0
KIN039A - Fire Agility - Introduction	2.0
KIN039B - Fire Agility - Beginning	2.0
KIN039C - Fire Agility - Intermediate	2.0
KIN039D - Fire Agility - Advanced	2.0
KIN 040A Modern Dance - Introduction	1.0
KIN 040B Modern Dance - Beginning	1.0
KIN 040C Modern Dance - Intermediate	1.0
KIN 040D Modern Dance - Advanced	1.0
KIN 041A Ballet - Introduction	1.0
KIN 041B Ballet - Beginning	1.0
KIN 041C Ballet - Intermediate	1.0
KIN 041D Ballet - Advanced	1.0
KIN 042A Jazz Dance - Introduction	1.0
KIN 042B Jazz Dance - Beginning	1.0
KIN 042C Jazz Dance - Intermediate	1.0
KIN 046A Ballroom Dancing - Introduction	1.0
KIN 046B Ballroom Dancing - Beginning	1.0
KIN 046C Ballroom Dance - Intermediate	1.0
KIN 046D Ballroom Dance - Advanced	1.0
KIN 047A Hip Hop - Introduction	1.0
KIN 047B Hip Hop - Beginning	1.0
KIN 047C Hip Hop - Intermediate	1.0
KIN 047D Hip Hop - Advanced	1.0
KIN 048A Latin Dance/Salsa - Introduction	1.0
KIN 048B Latin Dance/Salsa - Beginning	1.0
KIN 050A Tai Chi - Introduction	1.0
KIN 050B Tai Chi - Beginning	1.0
KIN 050C Tai Chi - Intermediate	1.0
KIN 051A Aikido - Introduction	1.0
KIN 051B Aikido - Beginning	1.0
KIN 051C Aikido - Intermediate	1.0
KIN 053A Karate - Introduction	1.0
KIN 053B Karate - Beginning	1.0
KIN 053C Karate - Intermediate	1.0
KIN 055A Self-Defense - Introduction	1.0
KIN 055B Self-Defense - Beginning	1.0
KIN 061A Hatha Yoga - Introduction	1.0
KIN 061B Hatha Yoga - Beginning	1.0
KIN 061C Hatha Yoga - Intermediate	1.0
KIN 061D Hatha Yoga - Advanced	1.0
KIN 063A Hiking - Introduction	1.0
KIN 063B Hiking - Beginning	1.0
KIN 063C Walk/Jog for Fitness - Introduction 1	.0
KIN 063D Walk/Jog for Fitness - Beginning	1.0

Total Required Units:**17.5**