

# Health & Related Sciences Pathway-Kinesiology

Los Angeles Trade-Technical College  
400 W. Washington Blvd.  
Los Angeles, CA 90015

“Healthy citizens are the greatest asset any country can have.” – Winston Churchill

## Kinesiology AA Degree

### Program Overview

Kinesiology is the study of movement as it relates to physical activity, health, disease prevention, exercise, and sport. Kinesiology Majors are grounded in an interdisciplinary body of knowledge, which encompasses the biological, psychological, physical, and social sciences. They use this knowledge to understand how the human body responds to movement, exercise, exercise training, and overall fitness. Kinesiology majors can find employment in Healthcare, coaching, sports officiating, and athletic training. Public schools also recruit kinesiologists for their physical education departments or programs. Lastly, a baccalaureate degree in Kinesiology can also lead to advanced degrees in Physical Therapy, Occupational Therapy, or Medical School.

## Kinesiology

### Associate in Arts for Transfer

Major Units: 21-24

Requirements for the Associate in Arts for Transfer (AA-T) in Kinesiology may be met by completing 21-24 units of coursework with a “C” or better along with general education courses meeting IGETC or CSU Requirements

### REQUIRED CORE

Select 11 units from the courses below

KIN MAJ 100	Introduction to Kinesiology	3 Units
ANATOMY 001	Introduction to Human Anatomy	4 Units
PHYSIOL 001	Introduction to Human Physiology	4 Units

-AND-

### MOVEMENT BASED COURSE REQUIREMENTS (3 Units).

Take a maximum of one unit from three of the following 4 movement areas:

#### AQUATICS

KIN 300-1	Swimming /Non-Swimmer I	1 Unit
KIN 300-2	Swimming/ Non-Swimmer II	1 Unit
KIN 300-3	Swimming/ Non-Swimmer III	1 Unit
KIN 301-1	Swimming Skills I	1 Unit
KIN 301-2	Swimming Skills II	1 Unit
KIN 301-3	Swimming Skills III	1 Unit
KIN 303-1	Aqua Aerobics I	1 Unit
KIN 303-2	Aqua Aerobics II	1 Unit
KIN 303-3	Aqua Aerobics III	1 Unit
KIN 303-4	Aqua Aerobics IV	1 Unit

#### COMBATIVES

KIN 330-1	Cardio Kickboxing I	1 Unit
KIN 330-2	Cardio Kickboxing II	1 Unit
KIN 330-3	Cardio Kickboxing III	1 Unit

#### TEAM SPORTS

KIN 366-1	Badminton Skills I	1 Unit
KIN 366-2	Badminton Skills II	1 Unit
KIN 387	Basketball	1 Unit
KIN 391-1	Volleyball	1 Unit

#### FITNESS

KIN 180	Marathon TR Run/Walk	1.5 Units
KIN 237	Boot Camp I	1 Unit
KIN 337	Boot Camp II	1 Unit
KIN 307-1	Run and Swim I	1 Unit
KIN 307-2	Run and Swim II	1 Unit
KIN 329-1	Body Conditioning I	1 Unit
KIN 329-2	Body Conditioning II	1 Unit
KIN 329-3	Body Conditioning III	1 Unit
KIN 332-1	Step Aerobics I	1 Unit
KIN 334-1	Fitness Walking I	1 Unit
KIN 334-2	Fitness Walking II	1 Unit
KIN 350-1	Weight Training I	1 Unit
KIN 350-2	Weight Training II	1 Unit
KIN 351-1	Yoga I	1 Unit
KIN 351-2	Yoga II	1 Unit

#### RESTRICTED ELECTIVES

Select 2 courses from below:

<i>Biology 003</i>	<i>Introduction to Biology</i>	<i>4 Units</i>
<i>Or</i>		
<i>Biology 005</i>	<i>Human Biology</i>	<i>5 Units</i>
<i>Chem 051</i>	<i>Fundamentals of Chemistry I</i>	<i>5 Units</i>
<i>Or</i>		
<i>Chem 101</i>	<i>General Chemistry I</i>	<i>5 Units</i>
<i>KIN MAJ 101</i>	<i>First Aid and CPR</i>	<i>3 Units</i>
<i>Or</i>		
<i>Health 012</i>	<i>Safety Education and First Aid</i>	<i>3 Units</i>
<i>Math 227</i>	<i>Statistics</i>	<i>4 Units</i>
<i>Or</i>		
<i>Math 227S</i>	<i>Statistics with Support</i>	<i>4 Units</i>
<i>Physics 006</i>	<i>General Physics I</i>	<i>4 Units</i>
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<i>Total Min Units</i>		<i>21</i>
<i>CSU or IGETC for CSU GE Pattern units</i>		<i>37-39</i>
<i>CSU Transferable Elective units</i>	<i>(as needed to reach 60 units)</i>	
<i>Total Transferable units</i>		<i>60</i>

#### 6 UNITS MIN

MAJOR REQUIRED MINIMUM SUBTOTAL	20-23 Units
CSU or IGETC for CSU GE Pattern	37-39 Units
CSU Transferable Elective Units	As needed to reach 60 Units)
TOTAL CSU Transferable Units	60 Units