

Physical Education/Kinesiology AA (Associate GE Track)

+If you have completed coursework at another college and/or are starting in a semester other than a Fall term, please follow up with the Counseling Department to determine if this sequence is appropriate for your academic and career goals.

Program Description: The Physical Education-Kinesiology program offers a diverse curriculum which includes theory courses in Physical Education, Kinesiology, health education, and athletic training/sports medicine. A wide variety of movement courses are offered for the development of physical activity skills, knowledge, and fitness necessary for lifetime wellness in the areas of group exercise, aquatics, team sports, and recreation.

Program SLO: Demonstrate proficiency in the core academic skills and knowledge required for transfer into a kinesiology program at a four-year college or university.

Important Transfer Information: The sequence listed below, will not meet all your transfer admissions requirements. Connect with a counselor to develop an individual student education plan through the Counseling Department @ <https://www.canyons.edu/counseling> or (661) 362-3288/(661) 362-3811.

*Major courses are sequenced and **BOLDED** based on recommendations by the [Kinesiology Department](#).

First Semester	(1-14 units)		
Course	Title	Units	Major and GE Courses
KPET 200	Introduction to Kinesiology (FA, WI, SP, SU)	3	Major Course
HLHSCI 100 OR HLHSCI 150	Health Education (FA, WI, SP, SU) OR Nutrition (FA, WI, SP, SU)	3	Major Course & Area F
KPEA Course	Select one KPEA course from the table below	1	Major Course
ENGLISH 101/101H	English Composition (FA, WI, SP, SU)	4	Area Di
Math Competency	Choose one course from the Associate GE Area 3 (FA, WI, SP, SU)	3-5	Area 3 and Dii
	Term Total:	14-16	

Check the Honors website for most recent course offerings. Must be enrolled in the Honors program to take courses, see below

Second Semester	(15-31 units)		
Course	Title	Units	Major and GE Courses
BIOSCI 100/100H	General Biology (FA, WI, SP, SU)	4	Major Course and Area A
KPET 201	Principles of Physical Fitness and Conditioning (FA, WI, SP, SU)	3	Major Course
KPEA Course	Select one KPEA course from the table below that has not already been taken	1	Major Course
KPET 209 or any Other Diversity Area 4 Course	American Sports & Film (FA, SP) or choose one course from the Associate GE Area C (FA, WI, SP, SU)	3	Diversity Area 4
Social Science	Choose one course from the Associate GE Area B (FA, WI, SP, SU) <i>Department Recommends SOCI 101- Intro to Soc or PSYCH 101- Intro to Psych</i>	3	Area B
Humanities and Fine Arts Course	Choose one course from the Associate GE Area C	3	Area C
	Term Total:	17	

Third Semester		(32-45 units)	
Course	Title	Units	Major and GE Courses
BIOSCI 201 or BIOSCI 204	Introductory to Human Anatomy (FA, SP, SU) Human Anatomy and Physiology I (FA, SP, SU)	4	Major Course
KPET 210	Prevention and Care of Athletic Injuries (FA, SP)	3	Major Elective
KPEA Course	Select one KPEA course from the table below that has not already been taken	1	Major Course
American Institutions Choose Option 1 or 2	Complete first course in chosen option (note: must take both classes within one option) (FA, WI, SP, SU) <i>see table below</i>	3	American Institutions
Associate Elective	Choose any course that is 100-level or higher (FA, WI, SP, SU)	3	Elective
Term Total:		14	

Fourth Semester		(47-60 units)	
Course	Title	Units	Recommendations
BIOSCI 202 or BIOSCI 205	Introduction to Human Physiology (FA, SP, SU) Human Anatomy and Physiology II (FA, SP, SU)	4	Major Course
American Institutions	Complete second course in chosen option (note: must take both classes within one option) (FA, WI, SP, SU) <i>see table below</i>	3	American Institutions
KPET 120 or any other Associate Elective	Emergency Procedures (SP) or any other 100 level or higher elective course	2	Elective
Associate Elective	Choose any course that is 100-level or higher (FA, WI, SP, SU)	3	Elective
Associate Elective	Choose any course that is 100-level or higher (FA, WI, SP, SU)	3	Elective
Term Total:		15	

Total Units: 60 +

Select 3 units from the following KPEA Courses below:

Individual Sports	
KPEA 100A	Beginning Circuit Training (FA, SP, SU)
KPEA 100B	Advanced Circuit Training (FA, SP, SU)
KPEA 101A	Beginning Weight Training (FA, SP, SU)
KPEA 101B	Advanced Weight Training (FA, SP, SU)
KPEA 102	Running for Fitness (FA, WI, SP)
KPEA 103	Cardio-Cross Training (FA, SP, SU)
KPEA 105	Step Aerobics (FA, SP)
KPEA 107	Stretching For Flexibility and Relaxation (FA, WI, SP, SU)
KPEA 125	Walking for Fitness (FA, WI, SP, SU)
KPEA 165A	Beginning Golf (FA, SP, SU)
KPEA 165B	Intermediate Golf (FA, SP, SU)
KPEA 165C	Advanced Golf (FA, SP, SU)
KPEA 180A	Beginning Swimming (FA, SU)
KPEA 180B	Intermediate Swimming (FA, SU)
KPEA 180C	Advanced Swimming (FA, SU)
KPEA 185A	Beginning Tennis (FA, SP, SU)
KPEA 185B	Intermediate Tennis (FA, SP, SU)
KPEA 185C	Advanced Tennis (FA, SP, SU)
Team Sports	

Revised 11/3/2020

KPEA 145A	Beginning Baseball (SU)
KPEA 145B	Intermediate Baseball (SU)
KPEA 150A	Beginning Basketball (FA, SP, SU)
KPEA 150B	Intermediate Basketball (FA, SP, SU)
KPEA 150C	Advanced Basketball (FA, SP, SU)
KPEA 160A	Beginning Football (SU)
KPEA 160B	Intermediate Football (SU)
KPEA 170A	Beginning Soccer (FA, SP, SU)
KPEA 170B	Intermediate Soccer (FA, SP, SU)
KPEA 170C	Advanced Soccer (FA, SP, SU)
KPEA 175A	Beginning Softball (SU)
KPEA 175B	Intermediate Softball (SU)
KPEA 195A	Beginning Volleyball (FA, SP, SU)
KPEA 195B	Intermediate Volleyball (FA, SP, SU)
KPEA 195C	Advanced Volleyball (FA, SP, SU)

American Institutions Requirement – Select one of the options below and complete a total of 6 units

Option 1	One course from the following: Economics 170/170H, History 111/111H, History 112/112H, History 120/120H, or History 130 AND Political Science 150/150H (FA, WI, SP, SU)
Option 2	History 111/111H AND History 112/112H (FA, WI, SP, SU)

Counselor Notes Please follow up with the Counseling Department for additional information if you are interested in transfer, <https://www.canyons.edu/counseling>

Counseling Resources

Kinesiology Department <https://www.canyons.edu/academics/kinesiology/index.php>

Associate General Education Guide:

<https://www.canyons.edu/student-services/counseling/degrees/generaled.php>

Career Resources

California Career Zone: <https://www.cacareerzone.org/>

O*Net Online: www.onetonline.com

Bureau of Labor and Statistics: www.bls.gov

Professional Associations: www.americankinesiologyassociation.org