

Kinesiology Department

DEGREES

Kinesiology (AA-T)
Sports Medicine/Athletic Training (AS)
Dance (AA) see Dance Department

COURSES

ATHL (Athletics)
DANC (Dance)
HED (Health Education)
KINE (Kinesiology)
SPMD (Sports Medicine)

CONTACT INFORMATION:

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INTERCOLLEGIATE ATHLETICS

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P.A.C.E. - HEALTH AND HUMAN SERVICES- A PATHWAY FOR ACADEMIC AND CAREER EXCELLENCE AT SOLANO COMMUNITY COLLEGE

ARE YOU THE KIND OF PERSON WHO...

- ...desires to inform, enlighten, help, teach, counsel, or cure people?
- ...enjoys using your skills to serve people?
- ...Likes to work hands-on with objects, machines, and tools and/or use your physical or athletic abilities?
- ...is interested in working in a medical environment?

P.A.C.E. - SCIENCE, TECHNOLOGY, ENGINEERING, AND MATHEMATICS - A PATHWAY FOR ACADEMIC AND CAREER EXCELLENCE AT SOLANO COMMUNITY COLLEGE

ARE YOU THE KIND OF PERSON WHO...

- ...desires to observe, learn, analyze, evaluate, or solve problems?
- ...enjoys to question and explore physical or biological happenings?
- ...likes to work hands-on with objects, machines, tools, plants, or animals?
- ...is interested in math and/or thinking analytically to solve complex problems?

Guided Pathways:

KINESIOLOGY (AA-T)

Associate in Arts for Transfer | GE Pattern: IGETC | Program Total Units: 61

This program map represents **one possible pathway**. See a counselor to create a customized education plan. Map is for the 2021-2022 catalog year.

Career Paths

Physical or Occupational Therapist • Exercise Physiologist • Sports Administrator • Fitness Coach/Trainer

What your potential plan could look like...

1 First Semester

Total Recommended Units: 16

- ENGL 001 College Composition (IGETC 1A) 4 units
- LR 010 Introduction to Library Research 1 unit
- MATH 011 Introduction to Statistics (CSU GE B4) 4 units
- KINE 020A Introduction to Kinesiology 3 units
- UC Transferable Elective 3 units
- Movement-based Course Max one per group* 3 units

3 Third Semester

Total Recommended Units: 15

- COMM 006 Argumentation and Debate 3 units
- CSU GE B1 ASTR, GEOL, or GEOG 3 units
- HIST 017, 018, 028, 029, or 037 (CSU GE C2/American Institutions) 3 units
- Movement-based Course Max one per group* 3 units

Square, darker color:
Required Courses/
Courses in Discipline

Rounded, lighter color:
GE Courses/Categories

2 Second Semester

Total Recommended Units: 15

- ENGL 002 or 004 (IGETC 1B) 4 units
- BIO 016 Intro to Human Biology (List A) 3 units
- CHEM 012 or 001 (IGETC 5A/5C) 5 units
- IGETC 3A or 3B 3 units

4 Fourth Semester

Total Recommended Units: 12

- BIO 005 Human Physiology 5 units
- ART 012, CINA 011, MUSC 013, or THEA 013 (IGETC 3A/Cross-Cultural) 3 units
- (IGETC 4) Suggested: PSYC 001 3 units
- Movement-based Course Max one per group* 1 unit

Courses Below May Be Taken Any Time
(Fall, Spring or Summer)

Total Recommended Units: 6

- COMM 001, 002, or 006 (IGETC 1C) 3 units
- HIST 017, 018, 028, 029, or 037 (CSU GE C2/American Institutions) 3 units

*Max one Movement-based Course per group:
Aquatics, Combatives, Dance, Fitness,
Individual, or Team.

Kinesiology

Associate in Arts in Kinesiology for Transfer (ADT: A.A.-T)

Program Description

The Associate in Arts in Kinesiology for Transfer is designed to provide a seamless transfer pathway for students interested in pursuing at least one Kinesiology degree option in the CSU system. Students who earn the Associate in Arts in Kinesiology for Transfer will receive guaranteed priority admission to the CSU system, but not to a particular campus or major.

Successful completion of the Associate in Arts in Kinesiology for Transfer prepares students to transfer into the CSU system and work in the sub-fields of Kinesiology. Students will learn about human functioning during sport and exercise, how exercise science and biomechanics is integrated into exercise program development, and observation and assessment of human performance. The Associate in Arts in Kinesiology for Transfer degree can provide students with the foundational knowledge necessary for transfer to a 4-year Bachelor of Science (BS) or Bachelor of Arts (BA) degree program. Students are encouraged to meet with a counselor to develop their educational plans as degree options and general education requirements vary for each university.

To earn the Associate in Arts in Kinesiology for Transfer, students must:

1. Complete 60 semester units that are eligible for transfer to the California State University, including both of the following:
 - a. The Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education – Breadth Requirements
 - b. A minimum of 18 semester units in a major or area of emphasis, as determined by the community college district.
2. Obtain a minimum grade point average of 2.0.

Program Outcomes

Students who complete the Associate in Arts in Kinesiology for Transfer will be able to:

1. Identify major microscopic and gross structures of the major systems of the human body.
2. Describe normal physiological processes.
3. Describe the different sub disciplines of Kinesiology.
4. Describe the role of physical activity in daily life.
5. Explain the career options available to students graduating from departments of Kinesiology

REQUIRED COURSES	Units
BIO 004 Human Anatomy	5
BIO 005 Introductory Physiology	5
KINE 020A Introduction to Kinesiology.....	3
Two courses from List A.....	6-10
3 units from Movement-based courses (maximum of one course from any group).....	3
Required Major Total Units.....	22-26

List A: (select two courses, only one from same subject such as CHEM or PHYS)	Units
BIO 016 Introduction to Human Biology	3
CHEM 001 General Chemistry	5
CHEM 012 Chemistry for Health Services.....	5
KINE 020S Advanced First Aid and Emergency Care.....	3
MATH 011 Elementary Statistics.....	4
PHYS 002 General Physics (Non-calculus)	5
PHYS 006 Physics for Science and Engineering.....	5

Kinesiology

MOVEMENT-BASED COURSES

Aquatics: (maximum of one course) Units

KINE 002A Beginning Swimming	1
KINE 002B Intermediate Swimming	1
KINE 002D Swim for Fitness	1

Combatives: (maximum of one course)..... Units

KINE 003A Beginning Self Defense	1
KINE 003D Beginning Judo	1
KINE 003E Intermediate Judo	1
KINE 006A Cardio Kickboxing	1

Dance: (maximum of one course) Units

DANC 004A Beginning Contemporary Modern Dance	1
DANC 004B Beginning Tap Dance	1
DANC 004C Intermediate Tap Dance	1
DANC 004D Advanced Jazz Dance	1
DANC 004F Beginning Hip-Hop Dance	1
DANC 004H Beginning Jazz Dance	1
DANC 004J Beginning Ballroom Dance	1
DANC 004K Beginning Ballet	1
DANC 004M Intermediate Ballet	1
DANC 004N Beginning Swing Dance.....	1
DANC 004P Intermediate Jazz Dance	1
DANC 004S Intermediate Swing Dance	1
DANC 004T Intermediate Ballroom Dance	1

Fitness: (maximum of one course) Units

KINE 005D Circuit Training.....	1
KINE 005E Cardio Conditioning	1
KINE 005J Beginning Body Conditioning.....	1
KINE 005K Intermediate Body Conditioning.....	1
KINE 005M Beginning Weight Training.....	1
KINE 005N Intermediate Weight Training.....	1
KINE 005P Step Aerobics	1
KINE 005R Functional & Core Training	1
KINE 006C Pilates for Fitness	1
KINE 006E Fundamentals of Yoga	1
KINE 006F Intermediate Yoga	1
KINE 078 Fit Ball Training.....	1

Individual Sports: (maximum of one course)..... Units

KINE 007F Beginning Archery	1
KINE 008A Beginning Tennis	1
KINE 008B Intermediate Tennis	1
KINE 008E Beginning Badminton.....	1
KINE 008F Intermediate Badminton.....	1

Team Sports: (maximum of one course)..... Units

KINE 009A Beginning Basketball.....	1
KINE 009B Indoor/Outdoor Soccer.....	1
KINE 009C Intermediate Soccer.....	1
KINE 009E Intermediate Basketball	1
KINE 009F Beginning Baseball	1
KINE 009G Softball.....	1
KINE 009H Beginning Volleyball	1
KINE 009P Intermediate Volleyball.....	1

Kinesiology

Sports Medicine/Athletic Training

Associate in Science

Program Description

The Department of Kinesiology at Solano Community College offers a Sports Medicine Program. We are proud of our program and it's students. The program is very strong academically with a core of science courses and hands-on laboratories. The intent of the program is to increase the students' breadth and depth of knowledge relative to the discipline of Kinesiology and Health Science; to provide the opportunity for students to engage in scholarly activity that includes creative, critical, and analytical thinking; and to provide a focus of study that will enhance career commitment and allow for experiences that will lead to continued self-development and growth.

The Associate in Science can be obtained upon completion of the 25-unit major, General Education, and electives as needed to complete a minimum of 60 units. All courses for this major must be completed with a minimum grade of C or a P if the course is taken on a Pass/No Pass basis.

Program Outcomes

Students who complete the Sports Medicine/Athletic Training Associate in Science will be able to:

1. Recognize and identify common athletic injuries and the role the certified athletic trainer plays in injury assessment.
2. Complete athletic training competency skills required in first 2 years of ATEP Athletic Training programs. Develop and apply strategies to prevent the incidence and/or severity of injury and illnesses
3. Apply clinical and decision making skills to respond to acute injury and illness; including emergencies
4. Assess patient status and develop treatment and rehabilitation that are consistent with contemporary disablement models
5. Identify, in the laboratory, major microscopic and gross structures of the major systems of the human body.

REQUIRED COURSES	Units
BIO 004 Human Anatomy.....	5
CHEM 010 Intermediate Chemistry.....	4
KINE 020A Introduction to Kinesiology.....	3
SPMD 054 Care and Prevention of Athletic Injuries	3
KINE 020S Advanced First Aid and Emergency Care.....	3
SPMD 055A Sports Medicine-Athletic Training Practicum Fall Sports.....	3
SPMD 055B Sports Medicine-Athletic Training Practicum Spring Sports	3
SPMD 071 Back Care and Injury Management.....	1
Required Major Total Units	25