

**College of the Siskiyou**  
**ASSOCIATE DEGREE MAJOR**

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**PHYSICAL EDUCATION – KINESIOLOGY**

Kinesiology is an academic area of study concerned with the art and science of human movement. The Physical Education - Kinesiology program at College of the Siskiyou offers a balanced approach to wellness based upon the individual interests and needs of the student. In addition to the course required to major in physical education – kinesiology, the college offers a wide variety of physical education and recreation activity courses, intercollegiate competition in many sports, and adaptive physical education. The Physical Education – Kinesiology curriculum may also academically prepare the student to transfer to a 4-year university to complete a Baccalaureate degree program. Please check with a counselor for specific transfer requirements.

____ BIO 2700 - Human Anatomy .....	4
____ BIO 2800 - Human Physiology .....	5
____ HEA 1010 - Health in Action.....	3
____ PEMA 1030 - Principles of Physical Fitness and Wellness.....	3
____ PEMA 1035 – Introduction to Athletic Training.....	3
____ Complete 6 units of PEAC, PEFI, or PEMA courses .....	6
<b>Total Units .....</b>	<b>24</b>

**A grade of C or better is required for all major courses.**