

PHYSICAL EDUCATION-KINESIOLOGY

The Associate in Arts Degree in Physical Education-Kinesiology is an interdisciplinary option for students who desire a broad study in professional preparation skills in wellness, fitness, health, physical activity, human movement, and intercollegiate athletics. The Associate in Arts Degree in Physical Education-Kinesiology at College of the Siskiyous offers a balanced approach to wellness based upon the individual interests and needs of the student. The profession is based on the philosophy that physical education is an academic discipline, an essential portion of the General Education process. The curriculum will also academically prepare the student to transfer to a 4-year university to complete a Baccalaureate degree program. It is highly recommended that you consult with an advisor or counselor to plan the course necessary to achieve your academic goal. To obtain the Associate in Arts Degree in Physical Education-Kinesiology, students must complete the following:

Important: To obtain the Associate in Arts Degree in Physical Education-Kinesiology, students must complete the following requirements with a minimum grade point average (GPA) of 2.0:

- The Physical Education-Kinesiology major requirements below.
- The College of the Siskiyous General Education Pattern (COSGE) requirements.
- Any needed electives to reach a total of 60 COS degree-applicable units.
- All major courses and any courses noted on the COSGE check sheet must be completed with a C or better.

Requirements for the Major

Complete the following: ----- 21 units

- HEA 1010- Health in Action (3)
- KINE 1000- Introduction to Kinesiology (3)
- KINE 1011- Introduction to Nutrition (3) (*cross-listed as FCS 1011*)
- KINE 1030- Principles of Physical Fitness and Wellness (3)
- PEMA 1031- Sports Officiating (3)
- Complete 6 units of PEAC, PEFI, or PEMA courses (6)
 - Course: _____ Units: _____ Sem/Yr Taken: _____
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 - Course: _____ Units: _____ Sem/Yr Taken: _____

Total Units ----- **21**

**College of the Siskiyous
Associate in Arts Degree**

Recommended COSGE Courses

Any course on current COSGE pattern will work to satisfy the COSGE, however, based on the courses' support and impact on the Physical Education degree and the intent of Guided Pathways, the Physical Education/Kinesiology discipline faculty suggests the following courses to complete the COSGE requirements.

Area 1: Natural Science (Complete one)

BIO 1000 Intro to Life Science	BIO 2800 Human Physiology	PHYS 1001 Physics By Exploration
BIO 1400 Environmental Principles	CHEM 1000 Introduction to Chemistry	
BIO 1500 Human Biology	CHEM 2000 General Chemistry	

Area 2: Social & Behavioral Sciences (Complete one)

ADJ 1001 Intro Admin of Justice	ECON 1020 Microeconomics	POLS 1001 American Government
ANTH 1010 Intro Cultural Anth	HIST 1009 World Civ to 1450	POLS 1007 World Politics
ECE 1002 Child Development	HIST 1010 World Civ Since 1450	PSY 1001 General Psychology
ECE 1999 Human Development	HIST 1017 US History to 1877	SOC 1001 Intro to Sociology
ECON1010 Macroeconomics	HIST 1018 US History Since 1877	

Area 3: Humanities (Complete one)

ART 1000 Art History I (3)	COMS 1500 Oral Interpretation (3)	MUS 1131 Music Appreciation (3)
ASL 1020 Beg Amer Sign Lang (3)	HUM 1001 Intro to Humanities (3)	PHIL 1001 Intro Philosophy (3)
THEA 2000 Intro to Theatre (3)		

Area 4A: Written Language (Complete one)

ENGL 1001 - College Composition (3)

Area 4B: Communication & Analytical Thinking (Complete one)

COMS 1100 Public Speaking (3)
COMS 1200 Small Group Com (3)
ENGL 1502 - Advanced Composition- Critical Thinking (3)

Area 4C: Math Competency (Complete one)

MATH 1050 - Elementary Statistics (4)
HS Transcripts showing completion of one year (or block schedule equivalent) of Algebra II or Integrated Mathematics III or higher level mathematics in high school with grades of "C" or better (no college units granted)
Minimum score on ACT of 25 or SAT of 570 (no college units granted)

Area 5: Multicultural/Living Skills (Completed with Major Coursework)

X Completed with HEA 1010, KINE 1011, or KINE 1030
PEMA 1039- Certified Personal Trainer (3) (Suggested as an elective)