

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 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 physical education curriculum is centered on the concept that movement skills, intellectual development, physical fitness and healthful living practices are elements of life that must be taught and reinforced. Specific knowledge, skills and practice techniques that best benefit the student do not just happen. Instruction, analysis, and evaluation by a credentialed professional are essential for implementing this philosophy.

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. It is highly recommended that you consult with an advisor or counselor to plan the course necessary to achieve your academic goal.

Important: To obtain the Associate in Science 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: ----- 24 units

- 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)

Total Units ----- **24**