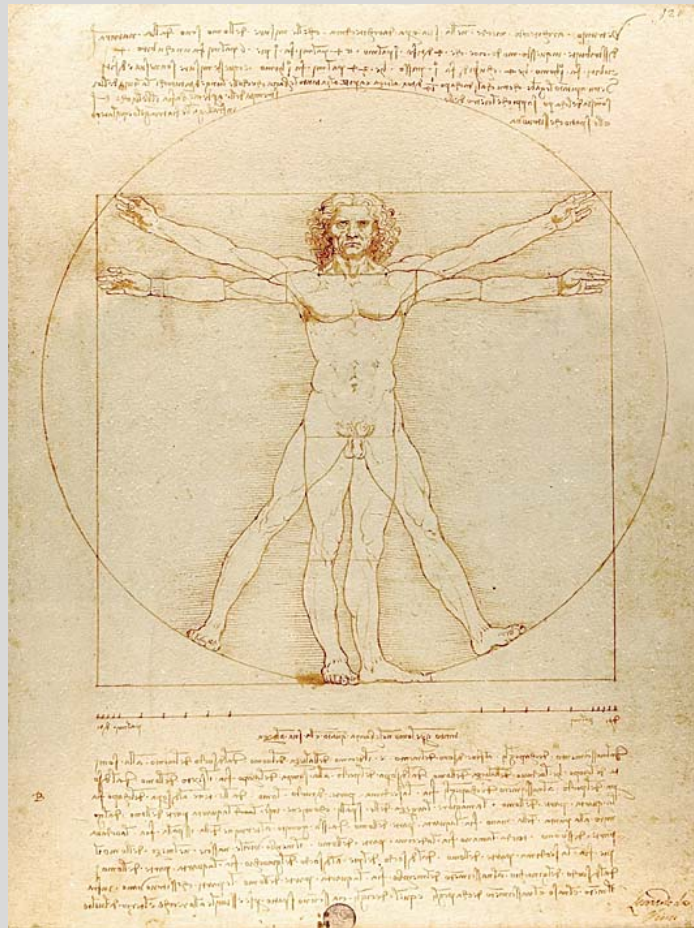


Irvine Valley College Kinesiology Department



Kinesiology Majors' 2021-2022 Handbook

<http://academics.ivc.edu/kines>

<https://findyourpath.ivc.edu/interest-areas/kinesiology-health-athletics>

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Irvine Valley College Kinesiology Department

Welcome to Irvine Valley College. As one of the most dynamic fields of study in Higher Education, the IVC Kinesiology Department welcomes you to a program of tremendous academic promise for our students. Our faculty and staff are here to assist you in meeting your educational goals, and our courses, degrees, and certificate are designed to help you meet those goals.

Mission Statement: The IVC Kinesiology Department is committed to providing an environment and resources that allow students to achieve success in reaching their educational goals. In the pursuit of such excellence the Department emphasizes quality instruction, critical thinking, lifelong learning, and the health and safety of students when applying these instructional concepts now and in the future.

This Handbook should help you successfully navigate the program of your choice. But as the transfer policies of every university in the nation can vary greatly, **we recommend a meeting with an IVC Academic Counselor before embarking on any program of study**, and regularly thereafter to ensure you are making satisfactory progress towards your goals at IVC and beyond.

Program Learning Outcomes:

- K1. Demonstrate a beginning level of knowledge, skill, theory and strategy in at least one sport or physical activity.
- K2. Explain and apply basic physiological principles of human movement in exercise and sports settings.
- K3. Demonstrate an understanding of the structure and function of the body in human performance.
- K4. Recognize the principles of physical fitness development and maintenance as well as the body's responses to physical activity.
- K5. Acquire an understanding of those factors instrumental in the development and performance of motor skills.
- K6. Demonstrate an understanding of the value and significance of physical activity for human development, human interactions, and quality of life.
- K7. Analyze the history, research and current information in Kinesiology and their current applications.
- K8. Use campus and/or community resources to participate actively in their own education.
- K9. Display leadership, cooperation, sportsmanship and integrity through active participation in fitness and sports.
- K10. Encourage and promote the value of lifelong learning and quality of life through health, sport, fitness and physical activity.

Kinesiology Department Contacts/Directory

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Campus Map

CAMPUS MAP



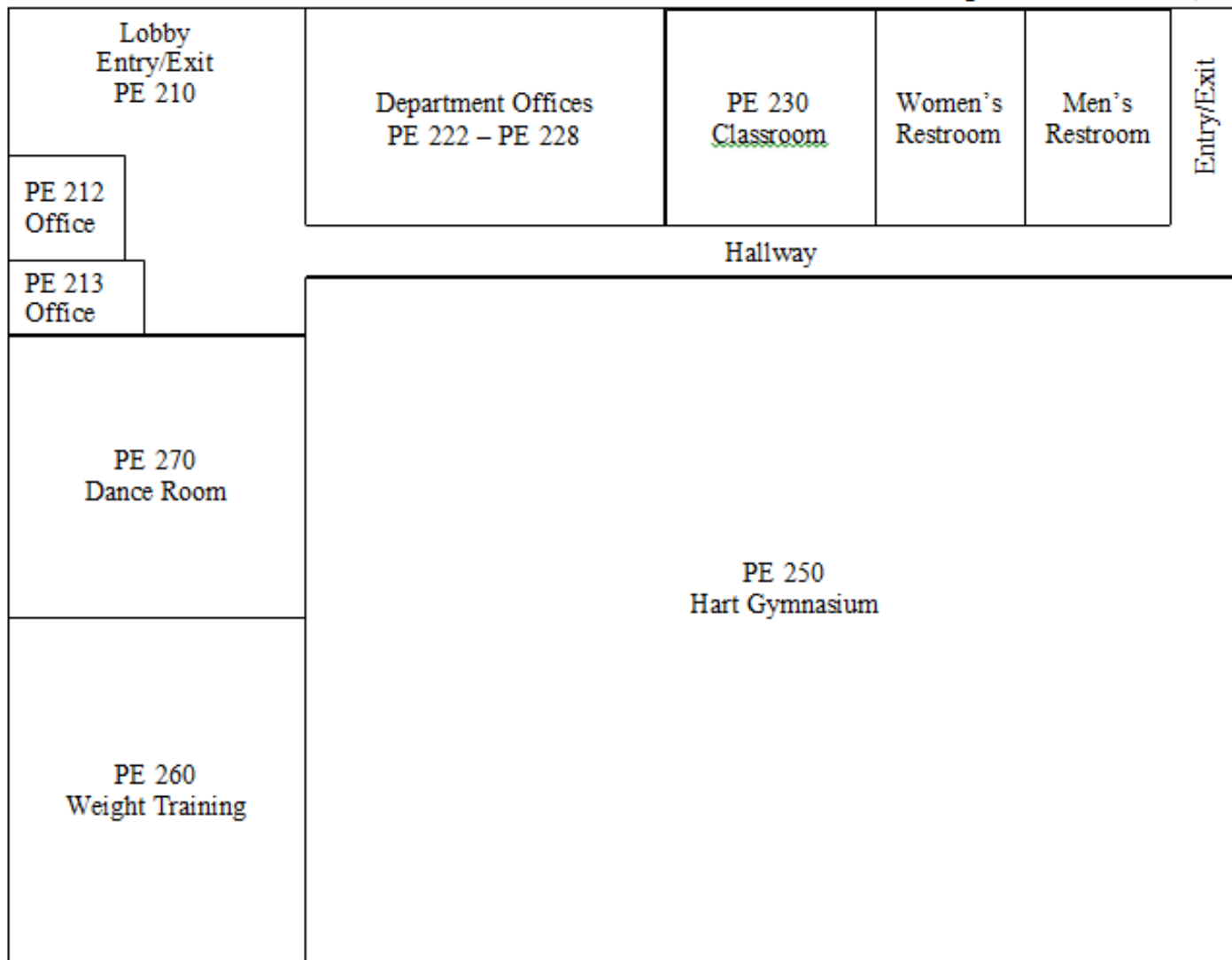
5500 IRVINE CENTER DRIVE, IRVINE, CA 92618

★ DAY PERMIT KIOSKS: LOTS 5, 8, 10

Ⓟ 30 MINUTE PARKING: LOTS: 2, 5, 8, 10

Department Map

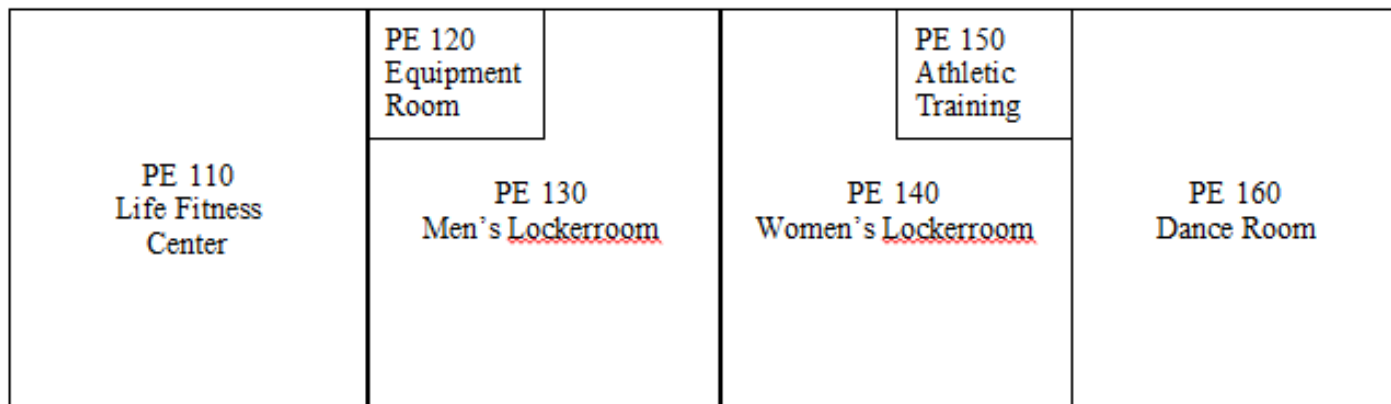
Parking lots 8 & 9 →



Patio

To Tennis Courts →

To Fields



SELECTING YOUR DEGREE/CERTIFICATE

The IVC Kinesiology Department offers multiple degree and certificate options. When exploring an academic or career path that will include Kinesiology, it is important to note that each option has unique benefits and advantages. **Choosing the correct program is a decision that should be part of a comprehensive Individual Education Plan (IEP) created with an IVC Academic Counselor.** Please review these materials as part of that discussion to ensure you take exactly the right courses to meet your educational goals.

Related Job Markets

Those with degrees or certificates in Kinesiology tend to pursue careers in the following areas:

- Athletic Trainer/Sports Medicine
- Coach/Scout
- College Professor
- Doctor/Physician/Sports Medicine
- Dietician/Nutrition Specialist
- Exercise Physiologist
- Fitness Instructor
- Leisure, Wellness and Health Industries
- Massage Therapy
- Personal Trainer
- Physical/Occupational Therapist
- Physical Therapy Assistant
- Recreation Leader (Public/private sector)
- Referee
- Rehabilitation Specialist
- Sports Marketing
- Strength and Conditioning Coach
- Teacher, Physical Education (K-12)

The Associate of Arts in Kinesiology (AA-T – Associates in Arts for Transfer)

The AA-T in Kinesiology provides the foundational degree for transfer and advanced study in a variety of areas including teaching, coaching research, sports medicine, athletic training, sport instruction, sport administration/management, allied health, and therapeutic exercise. There have also been times when this has been the only degree that granted access to the CSU Admissions process for transfer students. This degree consists of a minimum of 60 units. Suggested **Pathways and course sequences** for the AA in Kinesiology can be found on page 6 in this document and at <https://findyourpath.ivc.edu/interest-areas/kinesiology-health-athletics>, **but we advise seeing an IVC Academic Counselor to create an IEP for this degree.**

The Associate of Arts in Liberal Studies: Teacher Education Emphasis

The AA Liberal Studies: Teacher Education has been created for those not yet certain of their ultimate academic or career path, but are exploring the option of a teaching career. It allows for exposure to a broad selection of disciplines and can include a career path in coaching and teaching. **Please see an IVC Academic Counselor to create an IEP toward this degree.**

The Certificate for the Fitness Professional

This Career and Technical Education Certificate leads directly to the job market and as preparation for national certification exams. The Certificate consists of a minimum of 18 units. Suggested **Pathways and course sequences** for the Fitness Professional can be found on page 16 in this document.

IGETC and CSU Transfer Paths

Many students - especially those who are planning to transfer to a four-year university - opt to fulfill their lower-division general education requirements by completing either the California State University General Education Certification pattern (CSU) or the Intersegmental General Education Transfer Curriculum (IGETC). The completion of a degree, though recommended, is not required, and students who complete either of these GE patterns must have their work officially certified by the Office of Admissions and Records. **Please see an IVC Academic Counselor to create an IEP toward either of these certifications.**

AA-T in Kinesiology

IVC Course Inventory (+ GE requirements)

Course ID	Course Name	Units	Terms Offered
<i>Required courses:</i>			
KNES 99	Intro to Kinesiology	3	Fall, Spring & Summer
BIO 11	Human Anatomy (and Lab)	4	See Bio. Department schedule
BIO 12	Human Physiology (and Lab)	4	See Bio. Department schedule
	<i>Total units/Required</i>	11	
 			
<i>Movement-Based Courses:</i>	<i>Max. 1 unit each from three different areas:</i>		
Team Sports	See IVC Movement courses list*	0.5-2	See IVC course list below
Individual Sports	See IVC Movement courses list*	0.5-2	See IVC course list below
Fitness	See IVC Movement courses list*	0.5-2	See IVC course list below
Dance	See IVC Movement courses list*	0.5-2	See Dance Department schedule
	<i>Total units/Movement</i>	3	
 			
<i>Required Electives:</i>	<i>6 units from list below:</i>		
ECON 10/10Hor PSYC 10/10H or MATH 10/10H	Introductory Statistics	3	See Department schedules
HLTH 1	Health Education	3	Fall, Spring & Summer
CHEM 1A or CHEM 4	General Chemistry or Organic Chemistry	5	See Chem. Department schedules
PHYS 2A or PHYS 4A	Physics	4	See Phys. Department schedules
HLTH 2	First Aid & CPR	3	Fall & Spring
PSYCH 1 or SOC 1	Intro to Psychology or Intro to Sociology	3	See Department schedules
	<i>Total units/Electives</i>	6	
	Total units	20	

*IVC Movement Courses List

Course ID	Course Name	Terms Offered
Team Sports:		
IA 1, 2, 3, 4, 10, 12, 15, 18, 19	Intercollegiate Athletics	Fall or Spring
KNES 32	Intramural Activities	Fall, Spring & Summer
KNES 61-64	Basketball I-IV	Fall, Spring & Summer
KNES 71-74	Soccer I-IV	Fall & Summer
KNES 76-79	Volleyball I-IV	Fall, Spring & Summer
KNES 81-84	Baseball I-IV	Summer
 		
Individual Sports:		
IA 1, 6, 7, 9, 13, 20	Intercollegiate Athletics	Fall or Spring
KNES 11-14	Badminton I-IV	Fall, Spring & Summer
KNES 20, 22, 23	Golf, Beginning – Advanced	Fall & Summer
KNES 25-28	Tennis I-IV	Fall, Spring & Summer
 		
Fitness:		
KNEA 1	Adapted Personalized Fitness	Fall, Spring & Summer
KNES 3	Life Fitness Center I-III	Fall & Spring
KNES 4-7	Weight Training I-IV	Fall, Spring & Summer
IA 121	Adv. Strength and Conditioning for Sport	Fall & Spring
 		
Dance:	36-39, 45-48, 51-53, 87-88	See Dance Department schedules

AA-T in Kinesiology Two-Year Suggested Course Sequence

See also: <https://findyourpath.ivc.edu/program/kinesiology>

KNES AA-T Major and CSU certifications

CSU certification requirements, by Area

Semester One - 16 Units			
COURSE	TITLE	GE AREA/ MAJOR	UNITS
WR 1	College Writing 1	A2	4
COMM 1	Communication Fundamentals	A1	3
MATH 10¹	Introduction to Statistics	B4 & Major	3
KNES 99	Introduction to Kinesiology	Major	3
HLTH 1	Health Education	E	3
Semester Two - 14 Units			
COURSE	TITLE	GE AREA/ MAJOR	UNITS
WR 2	College Writing 2 - Critical Thinking	A3	4
BIO 11	Human Anatomy	B2/B3 & Major	4
KNES Major²	Movement-Base: Dance, Fitness, Individual or Team Sports	Major	1
CHEM 4	Introduction to General & Organic Chemistry & Biochemistry	B1 & Major	5
Summer One - 3 Units			
COURSE	TITLE	GE AREA	UNITS
Arts	Arts GE Course	C1	3
Semester Three - 14 Units			
COURSE	TITLE	GE AREA/ MAJOR	UNITS
KNES Major²	Movement-Base: Dance, Fitness, Individual or Team Sports	Major	1
BIO 12	Human Physiology	Major	4
HIST 20 or 21	American History Course	C2	3
HLTH 6	Health and Social Justice	D	3
HLTH 2	First Aid: Responding to Emergencies	E	3
Semester Four - 13 Units			
COURSE	TITLE	GE AREA/ MAJOR	UNITS
KNES Major²	Movement-Base: Dance, Fitness, Individual or Team Sports	Major	1
Arts/Humanities	Arts or Humanities GE Course	C1 or C2	3
KNES 97	Social-Cultural Issues in Sport	D	3
HLTH 7	Global Health	D	3
NUT 1	Principles of Nutrition	E	3
¹ Students may take Math 10 or any other math course that meets the CSU transfer requirement in GE area B4.			
² Students must complete a minimum of three units from three different movement base areas of Dance, Fitness, Individual Sports, and Team Sports.			
*All IVC coursework should be part of an IEP created with an IVC Academic Counselor. As the CSUs vary widely in their expectations of transfers' courses prior to transfer, the selection of GE courses that apply to the IVC AA, the CSU certification, AND potential CSU recommendations for the AA-T should be made with the assistance of an IVC Academic Counselor.			

Notes on the AA-T in Kinesiology

In discussions with the Chairs and faculty leadership of the CSUs, it has become apparent that the State-mandated AA-T degree in Kinesiology, while useful in the Admissions process with our 4-year colleagues, is not viewed as optimum preparation for their BA's in Kinesiology. In their estimation, community college students who transfer to the CSUs without additional coursework in specific areas that would serve as pre-requisites to the upper division study of Kinesiology will have a difficult time competing with students who have been "homegrown" at the CSUs since their freshman year.

Please note: every CSU has a slightly different perspective on what are "recommended" courses or best practices for community college students prior to transfer! Please review the specific CSU recommendations in this guide, refer to their specific catalogs and degree requirements at the lower-division level, and create an IEP with an IVC Academic Counselor in order to avoid either unnecessary courses or a gap in your preparation. **The concept of "double dipping" – taking a course that fills multiple requirements towards an AA and preparation for transfer – is not only permissible, but actively encouraged by both IVC and the CSUs!**

In addition, they feel that students who successfully navigate CSU Bachelor's programs without the additional courses will still face additional requirements to be admitted to advanced study at the Master's or Doctoral level, and even acceptance into the entry-level job market.

The CSUs' recommendations are to supplement the AA-T courses required by the State's AA-T with additional courses that would match the first two years of study by those enrolled at the CSUs as freshmen. Please note that many are applicable to the GE pattern as part of your overall Individual Education Plan (IEP), but not all. Their recommendations may push a community college IEP to 72 units or more to maximize student success in your first year at the CSUs.

Below are the required courses for Kinesiology majors enrolling in our region's CSU campuses as freshmen (based on their 2018-19 catalogs – be sure to review current documents on the universities' websites), as well as a consensus of what all eight of these CSUs would regard as most important among the required and elective courses list. Please note:

- 1) Each of the local CSUs has a slightly different perspective on which courses are required in the lower division on their campus. Be sure to compare and contrast that with the AA-T as part of your discussion with an IVC Academic Counselor.
- 2) Each of the local CSUs has a different perspective on the number of units required in the lower division on their campus – sometimes drastically. Be sure to compare and contrast that with the AA-T as part of your discussion with an IVC Academic Counselor.
- 3) Some CSU lower division courses may not have an equivalent at IVC or any other community college, and may have to be completed at the CSU to which you intend to transfer.
- 4) The consensus may be of value as you plan your IEP, especially if you DON'T know which CSU you will attend. Since there is not universal agreement among the CSUs about what is most critical, the consensus helps to quantify/rank issues of importance, and can assist you in selecting courses that will be of greatest benefit to the largest number of CSUs in our region.
- 5) All IVC coursework should be part of an IEP created with an IVC Academic Counselor.

CSU Fullerton
Required lower division courses for the degree in
Kinesiology

KNES/ BIOL 210 Human Anatomy and Physiology (3)
KNES 202 Introduction to Kinesiology (3)
KNES 260 Movement Anatomy (3)
One-unit course in Fitness: KNES 100 Physical Conditioning; KNES 102AB Jogging; KNES 103 Fitness Walking; KNES 105 Cycling; KNES 114 Rock Climbing; KNES 144 Aerobic Exercise & Weight Control; KNES 145 Cardio Kick-Boxing; KNES 146 Weight Training (1)
One-unit course in Aquatics: KNES 110ABC Swimming; KNES 111 Water Polo; KNES 112AB Surfing; KNES 214AB Scuba (1)
One-unit course in Martial Arts/ Combatives: KNES 145 Cardio Kick-Boxing; KNES 150 Wrestling; KNES 151AB Aikido; KNES 152AB Karate; KNES 153 Wushu: Chinese Martial Arts; KNES 154 Self Defense; KNES 155 Fencing; KNES 156 Tai Chi ; KNES 256 Adv Tai Chi (1)
One-unit course in Individual Sports: KNES 105 Cycling; KNES 112AB Surfing; KNES 114 Rock Climbing; KNES 117AB Bowling; KNES 119ABC Golf; KNES 120ABC Gymnastics; KNES 155 Fencing; KNES 156 Tai Chi ; KNES 214AB Scuba; KNES 246AB Hatha Yoga; KNES 256 Adv Tai Chi (1)
One-unit course in Racquet Sports: KNES 130AB Badminton; KNES 131ABCD Tennis; KNES 132AB Racquetball (1)
One-unit course in Team Sports: KNES 111 Water Polo; KNES 160 Ultimate Frisbee; KNES 161AB Slow Pitch Softball; KNES 164ABC Volleyball; KNES 165AB Soccer; KNES 167ABC Basketball (1)
Total Units = 15

Notes from the CSU Fullerton:

- 1) Proper advising will help KNES majors with specific health profession career objectives pursue a more direct route to their long-term goals. Students are required to seek advising from Fullerton's KHS Advising Center for foundation and disciplinary core courses and will aid a student in selecting their Focus Area and their Focus Area advisor.
- 2) Though CSUF requires fewer lower division courses as part of their degree, they do require extensive work in the upper division. Lower division work at the community college in the areas of Statistics, Math, Chemistry, Physics and Biology in the same vein as the lower division requirements at other CSUs is heavily recommended.
- 3) CSUF accepts combined anatomy/physiology courses such as CSUF's KNES 210 though they acknowledge the strength of separate courses with labs.
- 4) CSUF recommends six units of activity courses in the IVC categories listed above. They do not have a dance category and instead have court/racquet sports. These performance courses are prerequisites to later upper division core courses.
- 5) A required foundation course for CSUF is the CSUF KNES 260 Movement Anatomy.

- 6) CSUF requires an upper division measurement and statistics course (CSUF's KNES 349). Completion of an elementary statistics course at the community college would be of great benefit to students, especially if it also fulfills a GE requirement. However, if the course is taken to fulfill a GE requirement, we would recommend it only for students NOT pursuing allied health professions such as PT, PA and MD. Proper math choices are critical for entry into such programs.
- 7) Completion of a physics course would benefit students in preparation for the CSUF upper division KNES 300 Principles of Human Movement required course, which is a broadly focused biomechanics course.
- 8) CHEM and PHYS are good choices for all students in the major (CSUF's CHEM 100 for those pursuing PT, PA and MD).
- 9) CSUF's BIOL 101 is best for students who are NOT pursuing PA, MD.

There are, of course, complexities for transfer students depending on their career objectives:

- 1) For someone pursuing PT, we suggest a chemistry (CSUF's CHEM 100) and physics class to meet GE categories. PT's are going to need a pre-calculus course (CSUF's Math 125) so they can take the proper physics courses at CSUF they will need to get into a PT school. In addition, Math 125 will meet the GE category for math, but students may have to complete a lower level math to be able to get into the Math 125.
- 2) PA's and others pursuing an MD, will need to take CSUF's Math 130 (short course in calculus) or Math 150A (calculus) to then get into the CSUF BIOL 274 (Principles of Physiology and Ecology) to then get into the CSUF BIOL 302 (General Microbiology) class at CSUF which they need for PA School. Our departmental advising office recommends, when appropriate, students consider taking General Microbiology at the community college (if available) to avoid a morass of pre-requisites in the BIOL Dept. at CSUF. CSUF's BIOL 101 would not necessarily be a good choice for such students. We suggest CSUF's BIOL 171 (Evolution and Biodiversity: 5 units) which is a pre-req for BIOL 172 (Cellular Basis of Life: 5 units) which is the pre-req for the class they will need: BIOL 273 Genetics and Molecular Biology. So, students should directly go into a course that is similar to the BIOL 171 if at all possible and this meets the GE category that BIOL 101 would. OR, students should simply take a genetics class at the community college if available. BIOL 171 would be the best choice, not BIOL 101.
- 3) For those pursuing Athletic Training, chemistry and physics would be appropriate at the community college. The statistics class would be fine. Other students not pursuing any of these options would do fine with the math, biology, chemistry and physics courses that are suggested.
- 4) Chemistry also has the benefit of rerouting those who would probably not be competitive candidates in advanced programs to begin thinking of other options within the major.

**Long Beach State
Required lower division courses for the degree in
Exercise Science**

BIOL 207 Human Physiology (4)
BIOL 208 Human Anatomy (4)
CHEM 111A General Chemistry (5)
CHEM 111B General Chemistry (5)
PHYS 100A General Physics (4)
PHYS 100B General Physics (4)
KIN 263 Techniques of Physical Fitness (2)
MATH 113 (or higher) Precalculus Algebra (3)
PSY 100 General Psychology (3)
Total Units = 34

Notes from CSU Long Beach:

- 1) Kinesiology is an IMPACTED program. Supplemental admission criteria may be required for entry into the program. See the impactation links on the LBSU Kinesiology website for more information.

**Cal Poly Pomona
Required lower division courses for the degree in
Exercise Science, Human Performance Option**

KIN 201 Professions in Kinesiology & Health Promotion (1)
KIN 209 Critical Perspectives in Kinesiology (3)
FN 235 Nutrition (4)
PHY 121/121L College Physics (4)
ZOO 234/234L Human Anatomy with lab (5)
ZOO 235/235L Human Physiology with lab (4)
CHM 121/121L Physical Science with lab (4)
BIO 115/115L Basic Biology with lab (5)
STA 120 Statistics with Applications (4)
Total Units = 34

Notes from Cal Poly:

- 1) Cal Poly Pomona can agree with all the courses listed under core and elective in the AA-T – the difficulty arises in that the courses required of the degree do not adequately prepare community college students for the rigor of study at the university level.
- 2) CPP does not have any activity courses required in the Kinesiology major but if students complete 3 activity classes prior to transfer it would be to their advantage.

CSU Los Angeles
Required lower division courses for the degree in
Kinesiology

BIOL 200A Human Anatomy & Phys. I (5)
BIOL 200B Human Anatomy and Phys. II (5)
PH 201 Medical Emergencies Management (3)
KIN 250 Introduction to Kinesiology (4)
KIN 260 Computer Applications in Kines (2)
ECON or MATH 109 Quantitative Reasoning w/ Stats (4)
MATH 102 College Algebra (4)
PHYS 156 Physics for the 21st Century (4)
PSY 150 Introductory Psychology (4)
SOC 201 Principles of Sociology (4)
Total Units = 35

Notes from CSU Los Angeles:

- 1) CSULA is converting from quarters to semesters! Much of their program is in a state of flux, including curriculum, course sequences, unit values, etc. Please review their current catalog and contact the university for more information about this degree.
- 2) Human Anatomy and Human Physiology must include the lab portions of those courses.
- 3) Human Anatomy and Human Physiology may be either combined courses such as **Human Anatomy and Physiology I** and **Human Anatomy and Physiology II** or separate courses such as **Human Anatomy**; **Human Physiology**. However the student should not combine a Human Anatomy course with a Human Anatomy and Physiology II course or Human Physiology course with Human Anatomy and Physiology I course. At CSULA the Human Anatomy and Physiology courses are taught as combined courses - Human Anatomy and Physiology I (BIOL 200A) Human Anatomy and Physiology II (BIOL 200B). Also it is imperative to take both courses (Human Anatomy and Human Physiology - combined or separate) at the same college before transferring to CSULA – do not take Human Anatomy at a Community College and try to take BIOL 200B at CSULA or vice versa. Otherwise the student will need to take both courses again at CSULA, or sent back to the community college to take the sister course.
- 4) From the list of all the elective courses a student may choose, the Statistics option is the most important for success after transfer.
- 5) Other degrees and options at CSULA (for which the AA-T does not apply) will also have additional lower division requirements beyond those included here.

CSU Dominguez Hills
Required lower division courses for the degree in
Physical Education

BIO 250/251 Elements of Human Anatomy and Physiology and lab (4)
KIN 223 Introduction to Physical Education (3)
BIO 120 Principles of Biology I (4)
CHE 110 General Chemistry I (5)
HEA 281 Medical Terminology (1)
PHY 120 Elements of Physics I (4)
Total Units = 21

Notes from CSU Dominguez Hills:

- 1) Current certification from the American Red Cross in first aid and CPR, or the completion of CSUDH's KIN 218 (First Aid and Cardiopulmonary Resuscitation, 3 units) is required at graduation check.

CSU San Bernardino
Required lower division courses for the degree in
Kinesiology, Exercise Science concentration

BIOL 100 Topics in Biology (5)
BIOL 223 Human Physiology and Anatomy (5)
BIOL 224 Human Physiology and Anatomy (5)
KINE 210 Introduction to Kinesiology (2)
KINE 270 Introduction to Fitness and Testing (2)
KINE 240 Exercise Science Software (2)
KINE 205 Foundations for Lifetime Fitness and Wellness (2)
One course from among: KINE 101 Individual and Dual Activities, KINE 114 Physical Fitness and Conditioning Activities, KINE 120 Combative and Martial Arts Activities, KINE 121 Team Activities, KINE 137 Aquatic Activities, KINE 147 A Fitness Odyssey, KINE 149 Independent Activity Project, KINE 150 Dance Activities (2)
Total Units = 25

Notes from CSU San Bernardino:

- 1) Human Anatomy and Human Physiology must include the lab portions of those courses.
- 2) Human Anatomy and Human Physiology may be either combined courses such as Human Anatomy and Physiology I and Human Anatomy and Physiology II or separate courses such as Human Anatomy and Human Physiology. However the student should not combine a Human Anatomy course with a Human Anatomy and Physiology II course or Human Physiology course with Human Anatomy and Physiology I course. At CSUSB the Human Anatomy and Physiology courses are taught as combined courses - Human Anatomy and Physiology I (BIOL 223) Human Anatomy and Physiology II (BIOL 224). Also it is imperative to take both courses (Human Anatomy and Human Physiology - combined or separate) at the same college before transferring to CSUSB – do not take Human Anatomy at a Community College and try to take BIOL 223 at CSUSB or vice versa. Otherwise the student will need to take both courses again at CSUSB, or sent back to the community college to take the sister course.
- 3) In addition to the stats requirement, CSUSB strongly recommends completing College Algebra prior to leaving the community college.

Cal State San Marcos
Required lower division courses for the degree in
Applied Exercise Science

BIOL 104 Principles of Biology: Human Emphasis (4)
BIOL 177 Intro to Anatomy/Physiology for Kines I (4)
BIOL 178 Intro to Anatomy/Physiology for Kines II (4)
KINE 202 Intro to Physical Education and Kinesiology (3)
CHEM 105 and 105L Organic and Biochemistry for Life and Lab (5)
KINE 200 First Aid and Safety (1)
KINE 201 CPR and AED (1)
KINE 204 Tech & Analysis of Fitness & Wt. Training (3)
MATH 125 Pre-Calculus (4)
PSYC 100 Introduction to Psychology (3)
Total Units = 32

Notes from CSU San Marcos:

- 1) Human Anatomy and Human Physiology must include the lab portions of those courses.
- 2) Human Anatomy and Human Physiology may be either combined courses such as Human Anatomy and Physiology I and Human Anatomy and Physiology II or separate courses such as Human Anatomy; Human Physiology. However the student should not combine a Human Anatomy course with a Human Anatomy and Physiology II course or Human Physiology course with Human Anatomy and Physiology I course. At CSUSM the Human Anatomy and Physiology courses are taught as combined courses - Human Anatomy and Physiology I (BIOL 177) Human Anatomy and Physiology II (BIOL 178). Also it is imperative to take both courses (Human Anatomy and Human Physiology - combined or separate) at the same college before transferring to CSUSM – do not take Human Anatomy at a Community College and try to take BIOL 178 at CSUSM or vice versa. Otherwise the student will need to take both courses again at CSUSM, or sent back to the community college to take the sister course.
- 4) For CSUSM, students are also required to have an Intro to Human Biology course with lab (CSUSM’s is BIOL 104). This requirement can be satisfied with a four-unit cellular biology course in most cases, especially when the institution does not offer a course similar to this. We can also accept an Intro to A & P course with lab, provided it is a survey course intended to prepare a student for the more rigorous A & P sequence.
- 5) CSUSM has no activity course requirement. Completing these courses for the AA-T is important for admissions, simply note that the activity courses would not count toward anything at CSUSM.
- 6) CSUSM strongly prefers that students take our statistics course at CSUSM (a 300 level course that is specific to Kinesiology) and recommend against students taking statistics at the community college level. Since they technically are not allowed to take a course at CSUSM that is similar to one taken at the community college, they should not even take statistics to fulfill their math requirement. PLEASE DISCUSS THIS WITH AN IVC COUNSELOR!
- 7) We also have a 300 level course on the Care and Prevention of Athletic Injuries and strongly recommend that students do not take this course at the community college level.
- 8) Kinesiology is an IMPACTED program. Supplemental admission criteria are required for entry into the program. See the impaction links on the CSUSM Kinesiology website for more information.

San Diego State
Required lower division courses for the degree in
Kinesiology, Fitness Specialist

BIOL 212 Human Anatomy (4)
BIOL 100/100L General Biology with lab (4)
CHEM 100 Intro to General Chemistry (4)
PSYCH 101 Introductory Psychology (3)
SOC 101 Introductory Sociology: The Study of Society (3)
NUTR 201 Introduction to Nutrition (3)
BIOL 215, ECON 201, STAT 119, PSYCH 280 or SOC 201 Intro to Stats (3)
ENS 200 Intro to ENS (3)
ENS 265 Techniques of Athletic Training (2)
ENS ENS Activity (2)
ENS 104A or B Weight Training (1)
Total Units = 32

Notes from San Diego St.:

- 1) Most transfer students usually still need Introduction to Nutrition (SDSU's NUTR 201, IVC's NUT 1), and sometimes Introduction to Athletic Training (SDSU's ENS 265), but SDSU allows transfers to take these along with upper division courses to maintain the 4 semester graduation timeline.

CSU Regional Consensus
Lower division topics regarded as prerequisites for success
by the eight local CSUs for a degree in Kinesiology

Course ID	# of regional CSUs requiring course at lower level (status related to degree)
Intro to Kinesiology	8 (required for degree)
Human Anatomy (and Lab)	8 (required for degree)
Human Physiology (and Lab)	8 (required for degree)
Human Biology (and Lab)	6 (not part of degree)
Chemistry (use as GE)	6 (elective for degree)
Statistics	8 (required for degree)
Physics	4 (elective for degree)
Computer/Tech for Kinesiology	4 (not part of degree)
First Aid & CPR	2 (elective for degree)
Nutrition	2 (not part of degree)

Notes from the IVC KNES Department:

- 1) The AA-T is an advantage in the admissions process for transfers. But only if the curriculum our students take en route to the degree prepares them for the rigors of study at the CSU.
- 2) It is IVC's recommendation that IVC students take more than the two required electives in the AA-T, using as many as possible in their GE requirements – “double dipping” is not only permissible, but encouraged!
- 3) It is IVC's recommendation that IVC students complete courses in multiple topics among the electives, taking care to select the proper course within those topics. Taking them during their program at IVC will allow for some flexibility, and will be significantly less expensive to complete at IVC. This will also elevate those students' opportunities to compete and achieve once at the CSU:
 - Nutrition
 - Human Biology w/lab
 - Chemistry
 - Physics

California Private Universities

California Community Colleges Agreement with Private Colleges and Universities Marks Major Expansion of Associate Degree for Transfer Program

Under an agreement signed by the California Community Colleges Chancellor's Office and the Association of Independent California Colleges and Universities (AICCU) in July, 2018, California community college students pursuing an Associate Degree for Transfer can receive guaranteed acceptance and a more affordable, seamless pathway to 36 private, non-profit four-year colleges and universities.

Students earning an Associate Degree for Transfer – also known as a 'Degree with a Guarantee' – have been assured acceptance to a California State University campus since the 2011-12 academic year, and the new agreement marked a significant expansion of the program since its inception. California community college students with such a degree will be guaranteed that prior coursework will be transferable to private, non-profit four-year institutions while also seeing a more streamlined and simplified transfer process.

The Associate Degree for Transfer's expansion will help the California Community Colleges meet its ambitious goals set forth in its [Vision for Success](#) (adopted in 2018) which, among other things, called for substantial increases in the number of students transferring to a four-year college or university each year.

“The Associate Degree for Transfer program is vital to our economy, and we are proud to work with the Association of Independent California Colleges and Universities in providing our students additional opportunities to further their education and help guarantee their chances of achieving upward social mobility,” said California Community Colleges Chancellor Eloy Ortiz Oakley.

The Associate Degree for Transfer has proven a success since its adoption. Nearly half of students with an Associate Degree for Transfer earn a bachelor's degree from a California State University campus within two years, compared to just 27 percent for traditional transfer students, according to the 2017 Campaign for College Opportunity report.

Participating AICCU schools, as outlined in the agreement, will also collaborate with community colleges in providing pre-enrollment information and advice to interested community colleges students and engage in discussions about potential pathways toward a bachelor's degree.

“AICCU engaged with Governor Jerry Brown's administration and the California Community Colleges Chancellor's Office to open up a guaranteed transfer pathway for community college students to transfer to an independent California institution,” said AICCU President Kristen Soares. “Our commitment today will provide tremendous help toward creating new regional college access opportunities for transfer students to attend an institution that best meets their educational goals and increases their opportunity to succeed.”

AICCU ADT Participating Institution by Term

https://cdn.ymaws.com/aiccu.edu/resource/resmgr/publications/2019/aiccu_transfer_guide_book_201.pdf

The following independent, private universities accept at least one of the California Community College AAs for Transfer. Please research the schools for which you have interest to review their status on their acceptance of the AA-T in Kinesiology of Public Health.

Azusa Pacific University	National University
Biola University	Notre Dame de Namur University
Brandman University	Pacific Oaks College
California Baptist University	Pacific Union College
California Institute of Integral Studies	Palo Alto University
California Lutheran University	Pepperdine University
Chapman University	Point Loma Nazarene University
Concordia University Irvine	Saint Mary's College of California
Fresno Pacific University	San Diego Christian College
Golden Gate University	Simpson University
Holy Names University	University of La Verne
Humphreys University	University of Redlands
John Paul the Great Catholic University	University of Saint Katherine
La Sierra University	University of San Francisco
Laguna College of Art & Design	University of the Pacific
Los Angeles Pacific University	University of the West
Marymount California University	Vanguard University
Menlo College	Westmont College
Mills College	Whittier College
Mount Saint Mary's University	William Jessup University

Certificate Fitness Professional

Course Inventory

Course ID	Course Name	Units	*Terms offered
Required courses:			
KNES 103	Movement Anatomy	3	Fall & Spring
KNES 104	Exercise Physiology	3	Spring only
KNES 105	Principles of Strength and Conditioning	3	Spring only
KNES 106	Exercise Testing and Prescription	3	Fall only
NUT 2	Sports Nutrition	3	Fall & Spring
KNES 215	Internship	3	Fall only
Total Units		18	
Recommended electives:			
KNES 85	Prevention and Care of Sports Injuries	3	Fall only
KNES 86	Theory of Coaching	3	Summer only
KNES 100	Intro to Rehab and Therapy	1.5	Fall only
KNES 101	Intro to Sports Psych	3	Spring only
KNES 99	Intro to Kinesiology	3	Fall, Spring & Summer

*Subject to class cancellations due to low enrollments

One Year Pathway (suggested course sequence)

<i>Year One – Fall</i>	<i>Units</i>	<i>Year One – Spring</i>	<i>Units</i>
KNES 103 Movement Anatomy	3	KNES 104 Exercise Physiology	3
KNES 106 Exercise Testing	3	KNES 105 Principles of Strength	3
NUT 2	3	KNES 215	3

Two Year Pathway (suggested course sequence)

<i>Year One – Fall</i>	<i>Units</i>	<i>Year One – Spring</i>	<i>Units</i>
KNES 103 Movement Anatomy	3	KNES 105 Principles of Strength	3
KNES 106 Exercise Testing	3	KNES 104 Exercise Physiology	3

<i>Year Two – Fall</i>	<i>Units</i>	<i>Year Two - Spring</i>	<i>Units</i>
Nutrition 2	3	KNES 215	3

Please note that recommended **electives** are not required for the completion of the Certificate. They are recommended for those with a specific professional interest in which additional instruction will be of benefit to the student and their career path, or to examine the possibility of further study towards an Associate's degree at IVC or a Bachelor's at the university level.

***All IVC coursework should be part of an IEP created with an IVC Academic Counselor.**

AS-T in Public Health Sciences

IVC Course Inventory (+ GE requirements)

Course ID	Course Name	Units	Terms Offered
<i>Required courses:</i>			
HLTH 1	Health Education	3	Fall, Spring & Summer
HLTH 5	Introduction to Public Health	3	Fall, Spring & Summer
MATH 10 or ECON 10/10H or PSYC 10/10H	Introduction to Stats or Stats for Business and Economics/Honors Stats Methods in Behavioral Sciences/Honors	3	Fall, Spring & Summer
BIO 1/1H	The Life Sciences	3	Fall, Spring & Summer
BIO 1L	The Life Sciences Laboratory	1	Fall, Spring & Summer
CHEM 1A	General Chemistry I	5	Fall, Spring & Summer
PSYC 1/1H	Introduction to Psychology/Honors	3	Fall, Spring & Summer
BIO 11	Human Anatomy	4	Fall, Spring & Summer
BIO 12	Human Physiology	4	Fall, Spring & Summer
	<i>Total units/Required</i>	29	
<i>Required Elective</i>	<i>Select One course (3 or more units)</i>		
BIO 15	General Microbiology	5	See Department Schedule
CHEM 3	Fundamental Chemistry	5	See Department Schedule
CHEM 4	Intro to General and Organic Chem. & Biochem.	5	See Department Schedule
ECON 1/1H	Principles of Economics - Micro/Honors	3	Fall, Spring & Summer
ECON 2/2H	Principles of Economics - Macro/Honors	3	Fall, Spring & Summer
HLTH 6	Health and Social Justice	3	See Department Schedule
NUT 1	Principles of Nutrition	3	Fall, Spring & Summer
NUT 2	Sport Nutrition	3	Fall, Spring
PSYC 5/H	Psychological Aspects of Human Sexuality	3	See Department Schedule
SOC 1/1H	Introduction to Sociology	3	See Department Schedule
	<i>Total units/Elective</i>	3	
	Total Units	32-34	

Honors courses are optional, and not required, as part of the degree.

**AA-T in Public Health Sciences
Two-Year Suggested Course Sequence**

See also: <https://findyourpath.ivc.edu/program/public-health-science>

KNES AA-T Major and CSU certifications

CSU certification requirements, by Area

Semester One - 13 Units			
COURSE	TITLE	GE AREA/ MAJOR	UNITS
WR 1	College Writing 1	A2	4
MATH 10¹	Introduction to Statistics	B4 & Major	3
COMM 1	Communication Fundamentals	A1	3
HLTH 1	Health Education	E & Major	3
Semester Two - 15 Units			
COURSE	TITLE	GE AREA/ MAJOR	UNITS
WR 2	College Writing 2 - Critical Thinking	A3	4
HLTH 5	Introduction to Public Health	D & Major	3
CHEM 4	Introduction to General & Organic Chemistry and Bio Chemistry	B1	5
Arts	Arts GE Course	C1	3
Summer - 3 Units			
COURSE	TITLE	GE AREA/ MAJOR	UNITS
BIO 1	Life Sciences	B2 & Major	3
Semester Three - 13 Units			
COURSE	TITLE	GE AREA/ MAJOR	UNITS
BIO 11	Human Anatomy	Major	4
HLTH 6	Health and Social Justice	D	3
Humanities	Humanities GE Course	C2	3
PSYC 1	Introduction to Psychology	D & Major	3
Semester Four - 16 Units			
COURSE	TITLE	GE AREA/ MAJOR	UNITS
BIO 12	Human Physiology	Major	4
HLTH 7	Global Health	D	3
Arts/Humanities	Arts or Humanities GE Course	C1 or C2	3
PS 1	American Government	D	3
NUT 1	Principles of Nutrition	E	3
¹ Chemistry 1A has a pre-requisite of Math 124 or higher.			
Honors sections may be used to fulfill degree requirements in some courses.			

Academic Integrity

Kinesiology Department Policy on Academic Integrity

General principles of academic honesty include and incorporate the concept of respect for the intellectual property of others, the expectation that individual work will be submitted unless otherwise allowed by an instructor, and the obligations both to protect one's own academic work from misuse by others as well as to avoid using another's work as one's own.

Further, students will never receive a grade they have not earned based on their work product as outlined in the course syllabus.

All students are expected to understand and abide by these principles. Those in violation of the College's Code of Conduct will be disciplined to the fullest extent of College and District policies and regulations.

Kinesiology Department Philosophy on Academic Integrity

The Department, a valued member of the Higher Education community and as an instrument of learning, may only operate predicated on the existence of an environment of integrity and compliance. As members of the academic community at IVC, our faculty, students and staff share responsibility for maintaining this environment.

>Our faculty has the primary responsibility for establishing and maintaining an atmosphere and attitude of academic integrity such that student learning may flourish in an open and honest way.

>Students share this responsibility for maintaining standards of academic performance and classroom behavior conducive to the learning process.

>Staff is responsible for the establishment and maintenance of procedures to support and enforce those academic standards.

The entire college community bears the responsibility for maintaining an environment of integrity and for confronting incidents of academic dishonesty. Those in violation of college policies in any way related to academic honesty will be subject to the fullest disciplinary measures permitted.