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: ________
  ▪ Course: ______________________ Units: _________ Sem/Yr Taken: ________
  ▪ Course: ______________________ Units: _________ Sem/Yr Taken: ________
  ▪ Course: ______________________ Units: _________ Sem/Yr Taken: ________
  ▪ Course: ______________________ Units: _________ Sem/Yr Taken: ________
  ▪ Course: ______________________ Units: _________ Sem/Yr Taken: ________

Total Units  .................................................................................................................. 21
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 1400 Environmental Principles
- BIO 1500 Human Biology
- BIO 2800 Human Physiology
- CHEM 1000 Introduction to Chemistry
- CHEM 2000 General Chemistry
- PHYS 1001 Physics By Exploration

**Area 2: Social & Behavioral Sciences (Complete one)**

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

**Area 3: Humanities (Complete one)**

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