

## **LIBERAL ARTS AND SCIENCES WITH AN EMPHASIS IN KINESIOLOGY & HEALTH ASSOCIATE OF ARTS**

The Liberal Arts and Sciences with an Emphasis in Kinesiology and Health degree is designed for students who intend to earn an Associate degree which surveys a breadth of academic offerings in the Liberal Arts and Sciences and allows for a deeper investigation of a particular field of study through an area of emphasis. Employment opportunities which require a general education in college level skills and those related to the area of emphasis would be appropriate for this degree. The Liberal Arts and Sciences with an Emphasis degree consists of: 1) An Area of Emphasis consisting of a minimum of 18 units; 2) The Mendocino College 18-unit General Education requirement; 3) The remainder of the 60 required units for the degree in degree-applicable electives, including Institutional Requirements. This degree provides the maximum flexibility in program design leading to the Associate of Arts Degree.

<b>Required Courses – Major:</b>		<b>Units</b>
BIO 230	Human Anatomy	5
or BIO 231	Human Physiology	5
or BIO 202	Human Biology	3
and BIO 202L	Human Biology Laboratory	1
HLH 200	Health Education	3
or HLH 103	Women's Health	3
KIN 109	Fitness Instructor Training	3
or ATH/PEF/PES	Three (3) units from any course within the ATH, PEF, or PES designation	3
KIN 200	Introduction to Kinesiology	3
<b>Plus 9 additional units from any of the courses listed below, excluding those used above:</b>		<b>Units</b>
BIO 200L	Concepts of Biology Lab	1
BIO 202	Human Biology	3
BIO 202L	Human Biology Laboratory	1
BIO 230	Human Anatomy	5
BIO 231	Human Physiology	5
BIO 259	Microbiology	5
BIO 250	Cell and Molecular Biology	4
CHM 200	Introduction to Chemistry	5
CHM 202	Introduction to Organic and Biochemistry	4
CHM 250	General Chemistry I	5
CDV 200	Child Growth and Development: Conception through Adolescence	3
COM 203	Introduction to Public Speaking	3
COM 210	Interpersonal Communication	3
EMS 202	First Aid, Emergency Care, and Cardiopulmonary Resuscitation	3
HLH 103	Women's Health	3
HLH 200	Health Education	3
HLH 214	Foods and Nutrition	3
HLH 215	Therapeutic Nutrition	3
KIN 109	Fitness Instructor Training	3
KIN 214	Introduction to Sport Related Injuries	3
MTH 220	Statistics	4
PHY 210	General Physics I	4
PHY 211	General Physics II	4
PSY 205	Introductory Psychology	3
PSY 206	Human Sexuality	3
PSY 210	Psychology of Life Span Development	3
PSY 220	Psychology of Gender	3
<b>Total Major Units</b>		<b>22 – 23</b>
<b>Total Degree Units</b>		<b>60</b>

### *Program Level Student Learning Outcomes:*

1. Describe scientific principles as they apply to physical activity, health, and wellness.
2. Illustrate the importance of physical activity in health, wellness, and the quality of life.

3. Appraise cultural, historical, and philosophical dimensions of physical activity, health, and wellness.
4. Evaluate the practice of physical activity and wellness, and compose physical activities to increase wellness.