

KINESIOLOGY

Program Code: N.PED.AS

Associate in Science (A.S.)

Graduation requirement — 60 semester hours

The following curriculum is designed for students planning to transfer to a four-year institution to pursue a bachelor's degree in kinesiology or physical education. Graduates may teach and/or coach at the elementary, secondary, or college level, or pursue careers in exercise physiology, athletic training, and sports management.

Students should plan their program of study with a Parkland counselor or academic advisor and the catalog of the four-year college or university they plan to attend.

Program Notes*

- At least one course from an area other than psychology is required to fulfill the Social/Behavioral Science elective.
- KIN 103, 147, 203, and 247 are not repeatable for kinesiology elective credit.
- General Education Core Curriculum requirements for the Associate in Science (A.S.) degree do not fully satisfy the IAI General Education Core Curriculum (GECC) requirements. Additional courses to complete the GECC may be taken at Parkland or after transferring. Contact Counseling Services for guidance on GECC completion.
- Recommended courses are designed to facilitate completion of the A.S. degree and transfer into a four-year college or university with junior standing in a chosen academic path. Students are advised to follow the recommendations.

General Education Core Courses (32–34 hours)

Cr. Hrs.

Communications (9)	
ENG 101 Composition I	3
ENG 102 Composition II	3
COM 103 Introduction to Public Speaking	3
Humanities/Fine Arts electives	6
• <i>Must choose one course from Humanities and one from Fine Arts</i>	
Social/Behavioral Sciences electives	6
• <i>Soc/Beh Sci courses must be from at least two different disciplines</i>	
• <i>One course from Hum/Fine Arts or Soc/Beh Sci must fulfill the non-Western culture requirement</i>	
Mathematics elective	3
Recommended: MAT 108 Intro to Applied Statistics	(3)
Life Sciences (laboratory-based) elective	4–5
Physical Sciences (laboratory-based) elective	4–5

A.S. Degree Requirement (7–8 hours)

Cr. Hrs.

Must include one additional mathematics and one additional physical or life science course.
Any AST, BIO, CHE, ESC, PHY, or SCI courses numbered 100 through 289 whose second digit is even, beyond the general education requirements in science, may fulfill the additional science course requirement.
 Recommended: MAT 107 General Education Mathematics (3)

Suggested Full-time Sequences

TEACHING/COACHING

EXERCISE PHYSIOLOGY

ATHLETIC TRAINING/THERAPEUTIC PATHWAY

FALL

1st Semester
 KIN 160
 ENG 101
 PSY 101
 Hum/FA elec
 Kinesiology elec

SPRING

2nd Semester
 BIO 121
 KIN 181
 COM 103
 ENG 102
 Soc/Beh Sci elec
 Kinesiology elec

FALL

3rd Semester
 BIO 122
 KIN 186
 (Teaching/Coaching
 and Exercise
 Physiology students)
 MAT 108
 Kinesiology elec
 Hum/FA elec
 Soc/Beh Sci elec
 Phys Sci elec

SPRING

4th Semester
 KIN 164
 KIN 183
 KIN 184
 (Athletic Training students)
 KIN 187
 (Exercise Physiology
 students)
 KIN 288
 (Exercise Physiology and
 Athletic Training students)
 Kinesiology elec
 Hum/FA elec

SPORTS MANAGEMENT

FALL

1st semester
 KIN 160
 ENG 101
 Hum/FA elective
 Soc/Beh Sci elec
 Kinesiology elec

SPRING

2nd semester
 BUS 101
 MAT 108
 MKT 101
 COM 103
 ENG 102

FALL

3rd Semester
 ACC 101
 MGT 101
 Hum/FA elec
 Soc/Beh Sci elec
 Phys Sci elec

SPRING

4th Semester
 ACC 102
 KIN 164
 Soc/Beh Sci elec
 Hum/FA elec
 Phys/LS or Math elec

KINESIOLOGY

continued

Recommended Courses

Select options under each concentration to meet the 60-hour degree requirement.

		Teaching/ Coaching <i>N.PED.AS.TCH</i>	Exercise Physiology <i>N.PED.AS.EPH</i>	Athletic Training/ Therapeutic Pathway <i>N.PED.AS.ATR</i>	Sports Management <i>N.PED.AS.SMG</i>
ACC 101	Financial Accounting				4
ACC 102	Managerial Accounting				3
BIO 121	Anatomy and Physiology I	4	4	4	
BIO 122	Anatomy and Physiology II	4	4	4	
BUS 101	Introduction to Business				3
KIN 160	Introduction to Kinesiology	3	3	3	3
KIN 164	Introduction to Sports Psychology	3	3	3	3
KIN 181	Health Education	2			
KIN 183	First Aid and CPR	2			
KIN 184	Introduction to Athletic Training			3	
KIN 186	Introduction to Human Movement	3	3	3	
KIN 288	Exercise Physiology		4	4	
Other KIN courses		7	7	4	4
	<i>Select options to meet minimum 60-hour degree requirement.</i>				
MGT 101	Introduction to Management				3
MKT 101	Introduction to Marketing				3


KIN 164 INTRODUCTION TO SPORTS AND EXERCISE PSYCHOLOGY

Introduction to variables that affect motivation, goal setting, anxiety, and aggression in sports and exercise. Designed for individuals interested in applied psychological skills relevant to sports and exercise performance.

Units:	3
Lecture hours:	3
Lab hours:	0
Department:	KINESIOLOGY 

KIN 181 HEALTH EDUCATION

Personal health and wellness; nutrition, exercise, and stress; alcohol, tobacco, and drugs; and intimate relationships. Emphasis on strategies for modifying behaviors to achieve optimal personal wellness.

Units:	2
Lecture hours:	2
Lab hours:	0
Department:	KINESIOLOGY 

KIN 186 INTRODUCTION TO HUMAN MOVEMENT

Introduction to human movement through development of skills and knowledge relative to the study of musculoskeletal anatomy.

Units:	3
Lecture hours:	2.5
Lab hours:	1.5
Department:	KINESIOLOGY 

KIN 288 EXERCISE PHYSIOLOGY

Application of anatomy and physiology to human movement. How the body moves and physiological responses to exercise stress.

Units:	4
Lecture hours:	3
Lab hours:	3
Prerequisite:	BIO 111 or BIO 121 with a C or higher and concurrent enrollment in BIO 122
Offered:	Spring semester
Department:	KINESIOLOGY 