

# 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 academic success 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 Academic Advising 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   |
| <ul style="list-style-type: none"> <li>• Must choose one course from Humanities and one from Fine Arts</li> </ul>  |     |
| Social/Behavioral Sciences electives .....   | 6   |
| <ul style="list-style-type: none"> <li>• Soc/Beh Sci courses must be from at least two different disciplines</li> <li>• One course from Hum/Fine Arts or Soc/Beh Sci must fulfill the non-Western culture requirement</li> </ul> |     |
| 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 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 (CONT'D)

### Recommended Courses

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

|                             |   | Teaching/<br>Coaching<br><i>N.PED.AS.TCH</i> | Exercise<br>Physiology<br><i>N.PED.AS.EPH</i> | Athletic Training/<br>Therapeutic<br>Pathway<br><i>N.PED.AS.ATR</i> | Sports<br>Management<br><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<br/>60-hour degree requirement.</i> |  |   |   |   |
| MGT 101                     | Principles of Management . . . . .                                    |  |   |   | 3   |
| MKT 101                     | Introduction to Marketing . . . . .                                   |  |   |   | 3   |