

2017-2018  
KINESIOLOGY, HEALTH AND WELLNESS  
(NAA498 /NAA498B/NAA498C)

The student must successfully complete 16 units of study with a grade of "C" or better or a "P" if the course is taken on a "pass pass" basis.

**INCLUDEDISCIPLINES AND COURSES:**

Required Courses (take three units in each of the two disciplines):

Health Science(HES): 1

Kinesiology/academic course(KIN): 4, 6, 8, 10, 12, 16, 17, 18, 24, 25, 26, 27, 28, 29, 30, 33, 34, 35, 36, 38, 47

Elective Courses (12 additional units, selected from the following):

Anatomy and Physiology(AMY): 2A, 2B, 10

Biology(BIO): 17, 30, 34

Early Childhood Education(EAR): 26

Guidance(GUI): 45, 46, 47, 48

Kinesiology/academic course(KIN): 4, 6, 8, 10, 12, 16, 17, 18, 24, 25, 26, 27, 28, 29, 30, 33, 34, 35, 36, 38, 47

Kinesiology/activity course(KIN): A03, A04, A07, A09, A11, A12, A13, A20, A21, A28, A29, A30, A31A, A31B, A31C, A40, A41, A43, A44, A46, A47, A54, A55, A57, A62A, A64, A67, A68, A69, A74, A75A, A75B, A77A, A77B, A77C, A80, A81A, A81B, A82, A83, A86, A87, A88, A89A, A89B, A89C, A90A, A90B, A90C, A92

Kinesiology/varsity course(KIN): V01, V02, V04, V05, V06, V07, V08, V09, V10, V11, V12, V14, V18, V19, V20, 19.3 (12,)-3.3 ( )139, co03,

## Associate of Arts Degree Area of Emphasis in - Area of Kinesiology, Health & Wellness - GETC PATHWAY

These courses emphasize the principles for the growth and development of a healthy lifestyle. Students will acquire the knowledge and understanding of these principles to integrate and adopt personal, individual or group behavior conducive to the maintenance or restoration of mental and physical wellness. This emphasis will provide students with an understanding of physical skills and their development related to physical activity, exercise and sports. Students will also acquire knowledge of decision making and problem solving strategies for self-management as it pertains to leading a productive and healthful lifestyle. This area of emphasis is designed for students interested in making positive life choices and in the study of health, nutrition, and wellness; physical education/kinesiology; athletic training; sport performance, officiating and coaching; career planning and development; and the biology, anatomy and physiology of the human body.

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#### INCLUDED DISCIPLINES AND COURSES:

Required Courses (take three units in each of the two disciplines):

Health Science (HES): 1

Kinesiology/academic courses (KIN): 4, 6, 8, 10, 12, 16, 17, 18, 24, 25, 26, 27, 28, 29, 30, 33, 34, 35, 36, 38, 47

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Kinesiology/activity courses (KIN): A03, A04, A07, A09, A11, A12, A13, A20, A21, A28, A29, A30, A31A, A31B, A31C, A40, A41, A43, A44, A46, A47, A54, A55, A57, A62A, A64, A67, A68, A69, A74, A75A, A75B, A77A, A77B, A77C, A80, A81A, A81B, A82, A83, A86, A87, A88, A89A, A89B, A89C, A90A, A90B, A90C, A92

Kinesiology/varsity courses (KIN): V01, V02, V04, V05, V06, V07, V08, V09, V10, V11, V12, V14, V18, V19, V20, V21, V22, V23, V24, V25, V26, V33, V34, V50, V51, V52, V53, V60, V61, V70, V78, V94, V95

A course may only be counted once except for KIN activity varsity courses.

Career paths typically chosen by undergraduate students emphasize transfer to four year institutions in majors such as Health Science, Nutrition, Physical