

San José City College
Certificate of Achievement
Level 2
2021-2022

KINESIOLOGY

The Kinesiology Specialist Certificate of Achievement Level 2 provides students the theory necessary to be effective in the industry of Kinesiology. Students in this program will learn scientific principles of exercise and physical conditioning, techniques for the measurement of human performance, and methods for establishing healthy national patterns. This can help meet the demand for qualified and knowledgeable people in the modern workplace that currently exists in the greater Silicon Valley. Certificated individuals have increased competence and productivity as well as increased credibility with their employers, co-workers, and clients, resulting in better career opportunities.

Upon completion of this program, students will be able to:

- Assist individuals in determining goals for improved health and wellness by recognizing their strengths and potential barriers.
- Demonstrate how to document successes, problem solve, and recover from setbacks.
- Design effective personal fitness plans.
- Collect data from coaching sessions for quality improvement measures.
- Show respect and concern for others.
- Communicate effectively.

FOR ADDITIONAL INFORMATION, SEE A COUNSELOR, VISIT THE CAREER/TRANSFER CENTER, OR CONTACT THE FOLLOWING:

Kinesiology, Wellness, and Athletics
San José City College Web Page

408-288-3730
www.sjcc.edu

KINESIOLOGY

All major courses must be completed with a grade of “C” or better.

<u>REQUIRED COURSES (16 units):</u>			<u>UNITS</u>
KIN	005	Introduction to Kinesiology	3
KIN	025	First Aid, CPR, & AED	3
BIOL	071	Human Anatomy	5
BIOL	072	Human Physiology	5
<u>APPROVED MAJOR ELECTIVES (2 units):</u>			
DANCE	010	Ballet, Beginning	1
DANCE	011	Ballet, Intermediate	1
DANCE	011B	Ballet, High-Intermediate	1
DANCE	020	Jazz Dance, Beginning	1
DANCE	021	Jazz Dance, Intermediate	1
DANCE	021B	Jazz Dance, High-Intermediate	1
DANCE	023B	Hip-hop Dance, Beginning	1
DANCE	023C	Hip-hop Dance, Intermediate	1
DANCE	049	Modern Dance, Fundamentals	1
DANCE	050	Modern Dance, Beginning	1
DANCE	051	Modern Dance, Intermediate	1
DANCE	051B	Modern Dance, High-Intermediate	1
KINPE	008	Archery	1
KINPE	008B	Intermediate Archery	1
KINPE	009	Badminton	1
KINPE	012	Basketball	1
KINPE	012B	Intermediate Basketball	1
KINPE	017	Beginning Pickleball	1
KINPE	023	Cardio Kickboxing	1
KINPE	024	Beginning Golf	1
KINPE	030	Fit for Life	1
KINPE	038	Soccer	1
KINPE	039	Hatha Yoga	1
KINPE	040	Softball	1
KINPE	041	Pilates Mat Workout	1
KINPE	043	Body Sculpting	1
KINPE	044	Core, Alignment, and Resistance Exercise on the Ball	1
KINPE	050	Cross Fitness	1
KINPE	052	Volleyball	1
KINPE	053	Walking/Jogging for Health	1
KINPE	055	Step Aerobics	1
KINPE	056	Beginning Weight Training	1
KINPE	056B	Intermediate Weight Training	1
KINPE	059	Yoga for Stress Management	1
KINPE	099A	Spin Cycling	1
TOTAL UNITS REQUIRED			18

Prepared by the SJCC Articulation Office and is subject to change without notice. This major sheet should be used for advisory purposes only. See a counselor for assistance in preparing your individual course plan. It is ultimately the individual student's responsibility to ensure that all requirements are met.