

KINESIOLOGY

Program Description

View on YouTube (https://www.youtube.com/watch?v=mp9_NUtsm-U)

The discipline of kinesiology is dedicated to the study of human movement and physical activity as it relates to health, society, and quality of life. Our field is designed to prepare students with the necessary knowledge and skills to analyze movement and develop a comprehensive physical fitness program. This degree is valuable for students that are interested in employment in physical therapy, applied fitness, exercise science, physical education, and sport studies.

View on YouTube (<https://www.youtube.com/watch?v=qKWMhRL1KMY>)

Physical Education is both an activity curriculum and an academic area of study emphasizing the physical and psychological aspects of human movement and performance. Exercise, activity, and sports are an important component in the development of well-rounded individuals interested in physical and mental well-being and the productive use of leisure time.

Kinesiology Department Page (<https://www.msjc.edu/physicaleducation/>)

Transfer Preparation

Transfer students are advised to do research on prospective majors and careers. The MSJC Transfer Center and MSJC catalog can be helpful tools. Students interested in transferring to CSU's or UC's can access major preparation by visiting ASSIST (<http://www.assist.org>). All students are advised to meet with a counselor at least once a semester to create or update their comprehensive education plan.

Related-Content Groups

(4 attempts within a related-content group/each course 1 time for credit)

Course	Title	Credits
Aerobic Conditioning		
PE-112	Body Conditioning	1
PE-112A	Step Aerobics & Circuit Training (formerly Beginning Step Aerobics)	1
PE-113	Introduction to Jogging (formerly Jogging)	1
PE-119	Exercise Walking	1
PE-119B	Intermediate Fitness Walking	2
PE-120	Beginning Yoga	1
Basketball		
PE-104	(thru SU14)	
PE-133	Individual and Group Sports: Basketball	1
Soccer		
PE-108	(thru SU14)	
PE-137	Individual and Group Sports: Soccer	1
Tennis		
PE-132	Beginning Tennis	1
PE-132B	Intermediate Tennis	1
Volleyball		
PE-134	Introduction to Volleyball	1
PE-135	(thru SU14)	

Weight Training		
PE-114A	Strength Training: Circuit	1
PE-114B	Strength Training: Free Weights	1
PE-114C	Powerlifting	1

Contact Information

San Jacinto Campus

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Menifee Valley Campus

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1-800-452-3335

Degrees/Certificates

Degrees

Transfer Degree

- Kinesiology, A.A.-T (<https://catalog.msjc.edu/instructional-programs/kinesiology/kinesiology-aat/>)

Non-Transfer Degree

- Physical Education, A.A. (<https://catalog.msjc.edu/instructional-programs/kinesiology/physical-education-aa/>)

Program Learning Outcomes

- Apply the principles of exercise testing and prescription to customize the principles of exercise, nutrition, and behavioral modification to create a long-term sustainable healthy lifestyle.
- Demonstrate proficiency, knowledge, skills and abilities to compete in various individual and team sports as an athlete, official, or a coach.
- Design and perform a safe and appropriate exercise program to increase and measure the five components of fitness (cardiovascular endurance, muscle strength, muscle endurance, flexibility, body composition) for diverse populations.
- Design and perform a safe and appropriate practice program to increase and measure the six components of sport performance (agility, balance, ordination, speed, reaction time and power) for diverse populations.
- Develop and write an effective plan of initial treatment, rehabilitation, and preventative care for common athletic injuries and other emergency situations.
- Develop the body, mind, social connections and spirit through human movement.
- Examine and critique scientific literature, exercise methods, services and products, and understand and synthesize relevant information from it, and be able to convey findings both orally and in writing.
- Explore and prepare for educational and career options in Physical Education, Kinesiology, Exercise Science, Nutrition, and Athletic Coaching.
- Explore the anatomical, biomechanical and physiological components of human movement.

Careers and Salaries

Discover in-demand careers and education options based on your interests! See the list of careers below or explore further by searching for **Careers or Programs** (<https://msjc.emsicc.com>).

Note: There are no guaranteed positions for students completing these programs. Education and work experience required will vary by employer. The salary and benefits for specific occupations will be dependent on work experience, education, background, and employer. Labor market statistics are from the Bureau of Labor Statistics, US Census Bureau, O-NET, EMSI.

Career/Industries	CA Annual Median Salary or Range	Employment Demand or Opening CA
Health Education Teacher, Post-Secondary (B, M+)	\$109,757	19,403*
Exercise Physiologist (B, M, D)	\$45,192	135
Athletic Trainer (B, M)	\$68,262	287
Exercise Trainers and Group Fitness Instructors (C, SM, A)	\$53,780	11,347
Physical Therapist (M, D)	\$113,286	1,914
Physical Therapist Assistant (A, B)	\$79,190	1,637

(degree required: SM some college, C: Certificate, A: Associate degree, B: Bachelor's degree, M: Master's degree, D: Doctorate)

*All Postsecondary Teaching Positions