



Academic Year  
**2013 - 2014**

21250 Stevens Creek Blvd.  
Cupertino, CA 95014  
408-864-5678  
www.deanza.edu

**Kinesiology**

(Pending state approval. Check with the department for the status.)

Physical Education and  
Athletics Division  
PE-4 Rm. 41C  
408-864-8751

Counseling Center  
Student and Community  
Services Bldg. 2nd Fl.  
408-864-5400

Career Services Info.  
Student and Community  
Services Bldg. 2nd Fl.  
408-864-5400

Please visit the Counseling Center to apply for certificates and degrees, and for academic planning assistance.

**A.A./A.S. Degree Requirements**

1. Completion of all General Education (GE) requirements (31-42 quarter units) for the A.A./A.S. degree. GE units must be completed with a minimum 2.0 GPA ("C" average).
2. Completion of all major requirements. Each major course must be completed with a minimum "C" grade.  
Major courses can also be used to satisfy GE requirements (except for Liberal Arts degrees).  
Note: A maximum of 22 quarter units from other academic institutions may be applied toward the major.
3. Completion of a minimum of 90 degree-applicable quarter units (GE and major units included). All De Anza courses must be completed with a minimum 2.0 GPA ("C" average).  
All De Anza courses combined with courses transferred from other academic institutions must be completed with a minimum 2.0 GPA ("C" average).  
Note: A minimum of 24 quarter units must be earned at De Anza College.

Major courses for certificates and degrees must be completed with a letter grade unless a particular course is only offered on a pass/no-pass basis.

**Kinesiology**

**A.A. Degree**

(Pending state approval. Check with department for status.)

Kinesiology is the study of the art and science of the human organism during work, play, sports, and other forms of movement. Sub disciplines and vocational opportunities include: Personal Training, Exercise Physiology, Sports Medicine, Biomechanics, Motor Development, Sociology and Psychology of Sport, Personal Training, Coaching, and Teaching. Upon completion of this degree, students will be able to transfer to a four-year institution to further their studies and/or be prepared to take national certification tests in the vocational areas of this discipline.

Student Learning Outcomes - upon completion, students will be able to:

- complete national certification tests in the vocational areas of this discipline.

Students must present current CPR certification when applying for this degree.

Complete the following and meet the A.A./A.S. degree requirements.

BIOL 40A	Human Anatomy and Physiology	5
BIOL 40B	Human Anatomy and Physiology	5
BIOL 40C	Human Anatomy and Physiology	5
CHEM 30A	Introduction to General, Organic and Biochemistry I	5

NUTR 10	Contemporary Nutrition	4
PE 30	Introduction to Physical Education/ Kinesiology	4
PE 35	Care and Prevention of Athletic Injuries	4
PE/HLTH 51*	Health and Fitness	4
PE 53	Stress Reduction	2
PE 88A	Coaching I: The Foundations of Coaching	2

\*The course combination of PE 70A and PE 71 may be substituted for the PE/HLTH 51 course. PE 71 (one unit of Fitness) may apply toward the four (4) units of required PE activity.

Complete a minimum of four (4) units of PE activity from at least four (4) different activity areas. Only one (1) unit from intercollegiate athletics may apply.

- Aquatics
- Combatives
- Dance
- Fitness
- Individual and Dual Sports
- Team Sports

Complete a minimum of one (1) unit of Special Projects/Internship in the Fitness Center. Special Projects in Physical Education need approval from the division dean.

PE 77X	Special Projects in Physical Education (1)	1-1.5
PE 77Y	Special Projects in Physical Education (1.5)	

Major	Kinesiology	45-45.5 units
GE	General Education (31-42 units)	
Electives	Elective courses required when major units plus GE units total is less than 90	
	Total Units Required . . . . .	90 units

Recommended courses:

CHEM 30B	Introduction to General, Organic and Biochemistry II (5)
HLTH 57A	First Aid in the Workplace, Community and Wilderness (1)
HLTH 57D	CPR/AED for the Professional Rescuer - Recertification (0.5)
HLTH 57E	CPR & Automated External Defibrillation (0.5)
NUTR 62	Nutrition and Athletic Performance (2)
NUTR 62G	Dieting (Sifting Fact from Fiction) (1)
PE 54	Introduction to Massage (4)
PE 88B	Coaching II: The Fundamentals of Fund Raising and Budgeting (2)