

# Yuba College Health & Kinesiology

Kinesiology Health & Athletics Director: Erick Burns  
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Welcome to the Kinesiology, Health, and Athletic Department at Yuba College. We offer a wide variety of courses in kinesiology, health, and athletics that are designed to meet the needs of many individuals in our community.

The KHA Department offers a comprehensive program, which meets the needs of our diverse population. We offer a wide variety of physical education activity classes that accommodate students ranging from high school students to senior adults. Students may enroll in classes on an individual basis which emphasize physical fitness including step aerobics, body toning, club fitness, fitness walking and weight training. Students can also enroll in classes such as badminton, tennis, volleyball, soccer, basketball, golf, self-defense and dance.

Our professional staff of instructors and coaches look forward to helping you meet your educational and athletic needs. Please feel free to contact us if we can be of further help. Information on each of our athletic teams as well as our coaching staff can be obtained by viewing our athletic website.

Sincerely,

Erick Burns

Kinesiology, Health, and Athletics  
Building 1200



# Associates Degree for Transfer in Kinesiology

## Required Core Courses: (11 total units)

KINES 20 Introduction To Kinesiology (3 units)

BIOL 4 Human Anatomy (4 units)

BIOL 5 Human Physiology (4 units)

## Choose one course from the following team sport courses (minimum 1 unit):

KINES 1.71 Basketball (1.5 units)

KINES 1.75 Soccer (1.5 units)

KINES 1.77 Volleyball-Beginning (1.5 units)

KINES 1.79 Volleyball-Intermediate (1.5 units)

## Choose one course from the following individual sport courses (minimum 1 unit):

KINES 1.25 Badminton (1.5 units)

KINES 1.31 Golf-Beginning (1.5 units)

## Choose one course from the following fitness courses (minimum 1 unit):

KINES 1.21 Aerobic Exercise (1.5 units)

KINES 1.22 Step Aerobics (1.5 units)

KINES 1.57 Weight Training (1.5 units)

## Select two courses from the following courses (minimum of 6 units):

CHEM 1A General Chemistry (5 units)

HLTH 3 First Aid and CPR for Kinesiology Majors (3 units)

PHYS 2A General Physics (3 units)

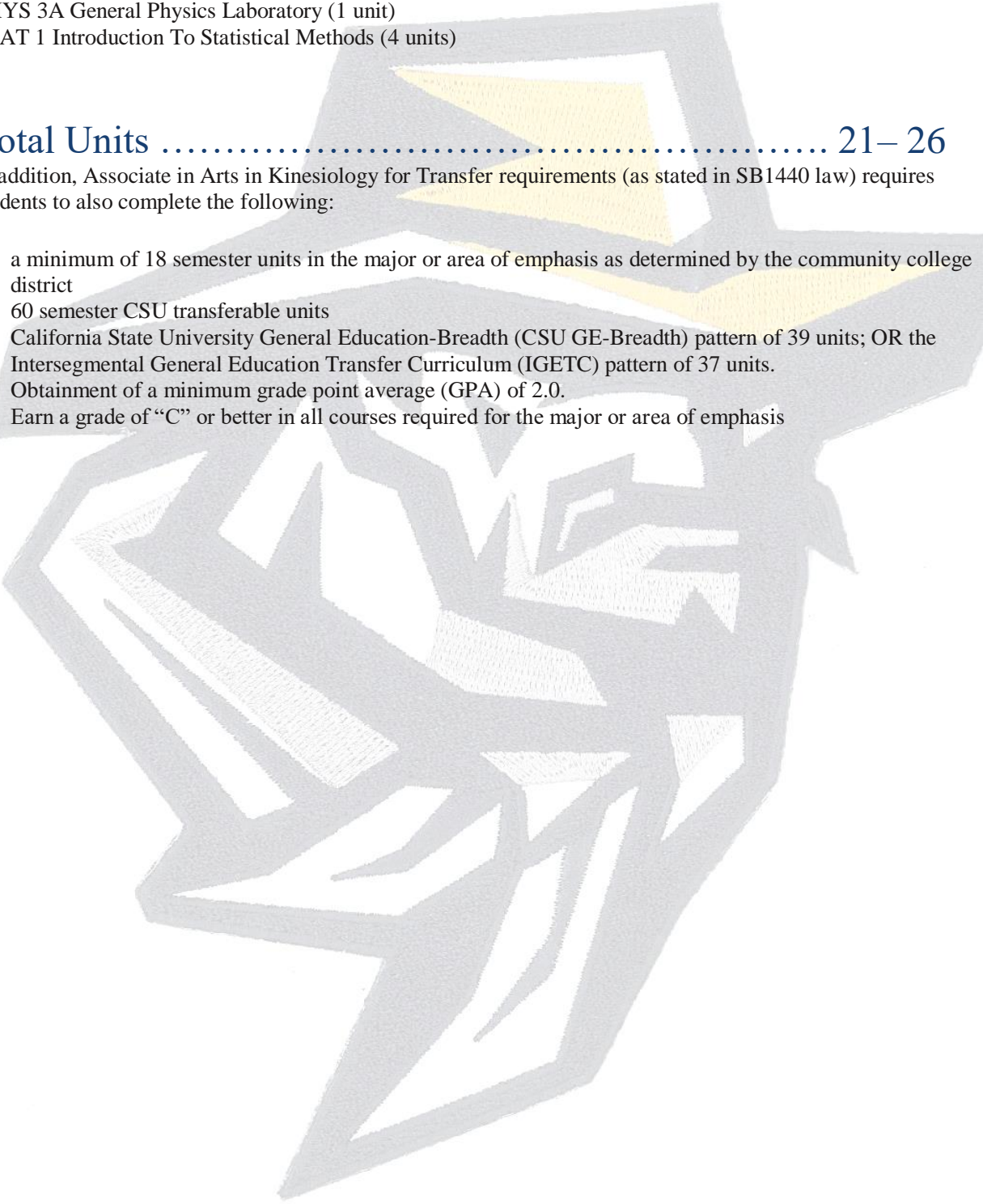


and  
PHYS 3A General Physics Laboratory (1 unit)  
STAT 1 Introduction To Statistical Methods (4 units)

**Total Units ..... 21– 26**

In addition, Associate in Arts in Kinesiology for Transfer requirements (as stated in SB1440 law) requires students to also complete the following:

- a minimum of 18 semester units in the major or area of emphasis as determined by the community college district
- 60 semester CSU transferable units
- California State University General Education-Breadth (CSU GE-Breadth) pattern of 39 units; OR the Intersegmental General Education Transfer Curriculum (IGETC) pattern of 37 units.
- Obtainment of a minimum grade point average (GPA) of 2.0.
- Earn a grade of “C” or better in all courses required for the major or area of emphasis





# KINESIOLOGY (Associate in Arts)

Students who complete this program should be able to: 1. Examine and evaluate physical activities and their relationship to wellness and fitness. 2. Demonstrate proficiency of skills needed in activities commonly included in human movement programs. 3. Analyze theoretical approaches and major concepts of health and nutrition. 4. Demonstrate knowledge and apply the fundamental rules and regulations of a variety of sports. Required Courses Units Health and Wellness: Choose 12 units from the following courses listed:

HLTH 1 Health and Life Style Choices .....	3
HLTH 3 First Aid and CPR for Kinesiology Majors .....	3
HLTH 4 Psychosocial Health .....	3
HLTH 5 Sport Psychology .....	3
HLTH 10 Principles of Nutrition .....	3
HLTH 13 Nutrition and Life Fitness .....	3
KINES 20 Introduction to Kinesiology.....	3
KINES 26 Care and Prevention of Athletic Injuries.....	3

Kinesiology: Choose 9 units from the following courses listed:

KINES 1.21 Aerobic Exercise .....	1.5
KINES 1.22 Step Aerobics.....	1.5
KINES 1.24 Bowling .....	1.5
KINES 1.25 Badminton.....	1.5
KINES 1.26 Body Toning .....	1.5
KINES 1.27 Fitness Walking/Jogging .....	1.5
KINES 1.31 Golf-Beginning .....	1.5
KINES 1.33 Golf-Advanced .....	1.5
KINES 1.34 Boot Camp Fitness .....	1.5
KINES 1.36 Yoga .....	1.5
KINES 1.37 Club Fitness .....	1.5



KINES 1.57 Weight Training-Beginning .....	1.5
KINES 1.57B Weight Training - Intermediate .....	1.5
KINES 1.59 High Intensity Weight Training .....	1.5
KINES 1.42 Dance Techniques-Beginning .....	1.5
KINES 1.43 American Style Swing and Latin Dance .....	1.5
KINES 1.71 Basketball .....	1.5
KINES 1.75 Soccer.....	1.5
KINES 1.76 Advanced Soccer .....	1.5
KINES 1.77 Volleyball-Beginning .....	1.5
KINES 1.79 Volleyball-Intermediate .....	1.5
KINES 4 Low Impact Fitness .....	1.5
KINES 6 Adapted Total Fitness .....	1.5
KINES 7 Adapted Weight Training and Fitness .....	1.5
KINES 9 Adapted Weight Training and Recreational Activities .....	1.5
KINES 10 Adapted Yoga and Cardio Fitness .....	1.5
KINES 21A Analysis of Softball: Offense .....	2
KINES 21B Analysis of Softball: Defense .....	2
KINES 22 Analysis of Basketball .....	2
KINES 24 Analysis of Football .....	2
KINES 28 Analysis of Soccer .....	2
KINES 29A Analysis of Baseball: Offense .....	2
KINES 29B Analysis of Baseball: Defense .....	2
Total units required for degree major .....	21

Students earning an AA/AS degree must complete a minimum of 18 units of General Education requirements, the multicultural graduation requirement, and the health requirement, in addition to the program units listed here. Students must complete a total of 60 degree applicable units to earn an AA or AS. Please see your counselor for additional information.

