

# KINESIOLOGY - CERTIFICATE OF ACHIEVEMENT LEVEL 2

The Kinesiology 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 successful 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.

## Certificate Requirements

Course	Title	Credits
<b>Required Courses</b>		<b>16</b>
KIN 005	Introduction to Kinesiology	3
KIN 025	First Aid, CPR, & AED	3
BIOL 071	Human Anatomy	5
BIOL 072	Human Physiology	5

Course	Title	Credits
<b>Electives</b>		<b>2</b>
2 units required from the following courses:		
DANCE 010	Ballet, Beginning 1	1
DANCE 011	Ballet, Intermediate I	1
DANCE 011B	Ballet, Intermediate 2	1
DANCE 020	Jazz-Contemporary Dance, Beginning 1	1
DANCE 021	Jazz-Contemporary, Intermediate 1	1
DANCE 021B	Jazz-Contemporary Dance, Intermediate 2	1
DANCE 023B	Hip-Hop Dance, Beginning 2	1
DANCE 023C	Hip-Hop Dance, Intermediate	1
DANCE 049		1
DANCE 050	Modern-Contemporary Dance, Beginning 1	1
DANCE 051	Modern-Contemporary Dance, Intermediate 1	1
DANCE 051B	Modern-Contemporary Dance, Intermediate 2	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
<b>Total Units</b>		<b>18</b>