

# KINESIOLOGY

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## About the Program

The Associate in Arts in Kinesiology for Transfer (AA-T) degree will prepare students with the strong foundation necessary for pursuing studies at the university level in various careers in the health, fitness, and sports industries. Career options include: sport coach, strength and conditioning specialist, athletic director, physical therapist, personal trainer, health club owner, exercise physiologist, sport psychologist, sports management and athletic trainer.

The AA-T in Kinesiology is intended for students who plan to complete a baccalaureate degree in Kinesiology or a related field of study at a California State University (CSU). Students who complete this degree are guaranteed admission to the CSU system, but not to a particular campus or major. Students transferring to a CSU campus that accepts the AA-T in Kinesiology will be required to complete no more than 60 semester units after transfer to earn a baccalaureate degree.

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.

**For additional information, see a counselor, visit the Career/Transfer Center or contact the following:**

Kinesiology, Wellness, and Athletics (408) 288-3730

## Associate Degree

- Kinesiology - Associate in Arts for Transfer (<http://courseleaf.sjcc.edu/degrees-certificates/kinesiology/kinesiology-associate-arts-transfer/>)

## Certificates

- Kinesiology - Certificate of Achievement Level 2 (<http://courseleaf.sjcc.edu/degrees-certificates/kinesiology/kinesiology-certificate-achievement-level-2/>)