

# Kinesiology (with emphasis in) Health and Fitness 2018-2019

Advising Guide



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## GENERAL EDUCATION

Course #	Course Title	CR	
<b>Written Communication</b>			
WR 121/122	English Composition	4.02	
WR 123	English Composition	2.01	
<b>Oral Communication</b>			
Select at least 2.01 credits, in consultation with TVCC advisor		2.01	
<b>Mathematics</b>			
Select at least 1 course 100 level or above, in consultation with TVCC advisor		2.68-3.35	
<b>Science/Math/Computer Science</b>			
BIOL 211 or BIOL 231 & 232	College Biology or Human Anatomy and Physiology	5.3	
CHEM 104 & 105 or CHEM 221 & 222	Survey of Chemistry (Health) or College Chemistry	5.3-6.7	
<b>Arts and Letters</b>			
Select at least 3 courses from 2 or more disciplines, in consultation with TVCC advisor		6.03	
<b>Social Sciences</b>			
Select at least 4 courses from at least two disciplines, in consultation with TVCC advisor		8.04	
<b>Health/Wellness/Fitness</b>			
HPE 295	Health and Fitness for Life	2.01	
<b>Cultural Literacy</b>			
Select 1 course, in consultation with TVCC advisor		2.01-2.68	
<b>Associates Requirements that meet LCSC BA/BS Degree Requirements</b>			
Select additional credits to total 60.3, in consultation with TVCC advisor			
<b>Additional TVCC courses that meet LCSC BA/BS Degree Requirements</b>			
HPE 131	Intro to P.E. & Health	2.01	
SOC 231	Human Sexuality	2.01	
HPE 294	Professional Activities Methods	1.34	
HPE 259 & HPE 260J*	Intro to Athletic Training I and Intro to Athletic Training II	4.02	
<b>LCSC (minimum credit equivalents)</b>		<b>60</b>	

Course #	Course Title	CR	
<b>Integrative Seminar: Ethics &amp; Values</b>			
Student does not need this class when transferring with an AA or AS			
<b>Major Courses</b>			
The following courses are required for ALL Kinesiology emphasis areas			
HLTH/KIN 272	Fitness & Wellness	3	
HLTH 352	Technologies for Health & wellness Professionals	3	
HLTH 354	Addiction and Performance	2	
KIN 370	Motor Learning/Motor Development	3	
KIN 381	Tests and Measurement	3	
KIN 486	Organization & Administration of HPER	3	
KIN 498	Senior Research Project I	3	
KIN 499	Senior Research Project II	3	
Select two of the following Skill/Analysis courses: KIN 262, KIN 267, KIN 268, or KIN 269		2	
KIN 220 OR KIN 425	Social-Cultural Aspects of Sports OR Ethical Decision-Making for Sport Leaders	3	
HLTH 247	Stress Management	1	
<b>Emphasis Area</b>			
HLTH 248	Behavior Change	1	
HLTH 253	Nutrition	3	
HLTH 343	Sports Nutrition	3	
KIN 355	Strategies for Teaching Physical Activities	3	
KIN 434	Exercise Prescription	3	
KIN 435	Aging & Physical Activity	3	
KIN 436	Personal/Group Training Cert & Prep	3	
HLTH 453	Health Promotion	3	
HLTH 454	Wellness Coaching	3	
KIN 494	Internship: Health and Fitness	3	
HLTH 342 OR KIN 411 OR KIN 467	Community Health OR Exercise Psychology OR Physical Activity/Rec/Indiv/Special Needs	3	
*TVCC courses HPE 259 + HPE 260J count as one of the required courses in the emphasis area.			
<b>Graduation Requirements</b>			
Resident Credits		32	
Upper Division Credits		36	
<b>TOTAL TVCC &amp; LCSC Credits</b>		<b>120</b>	

Complete all required/elective coursework for the AAOT degree at Treasure Valley Community College (90 quarter credits minimum).

- This advising guide is based on completion of an Associate's of Arts Oregon Transfer (AAOT) degree at Treasure Valley Community College with additions made to meet lower division requirements.
- Courses used to fulfill specific general education core requirements cannot be double-counted to fulfill LCSC program requirements.
- Semester credits are displayed in the LC Express plan. Quarter credits are converted to semester credits by multiplying the quarter credits by .67.
- 32 Residency (LCSC) credits required for graduation/36 must be upper division.
- The "X" in the LCSC column indicates the class was likely transferred if student chose TVCC elective.

At TVCC a minimum grade of "C-" is required for Gen Ed courses and a minimum 2.0 GPA is required to qualify for Associate's Degree.