

KINESIOLOGY

Kinesiology

Associate of Arts

The objective of the Kinesiology Department at South Texas College is to prepare Kinesiology Majors to continue along an educational path to meet desired goals and to seek opportunities to be advocates for healthy lifestyles. Students are encouraged to participate in a variety of activities, especially those involving new skills.

The department offers a variety of academic, distance learning, and physical activity laboratory courses in the areas of physical education pedagogy (teaching), fitness, health education, and specialized certification courses. Activity courses are designed for beginners, unless otherwise described.

The vast majority of Kinesiology lecture courses are transferable toward a B.S. degree in Kinesiology at 4-year institutions. Additionally, the department offers a diverse range of physical activity laboratory courses (individual and team sports), which fulfill the required Kinesiology physical activity credits for the Associate of Art's degree. In addition, students with disabilities participate in physical education and the Kinesiology Department in conjunction with ADA can arrange for an adapted program or advise the student concerning course selection.

Physical Activities

KINE 1100	Fitness Walking	1
KINE 1101	Fitness and Motor Development I	1
KINE 1103	Weight Training and Conditioning I	1
KINE 1104	Weight Training and Conditioning II	1
KINE 1105	Badminton	1
KINE 1107	Basketball I	1
KINE 1109	Bowling I	1
KINE 1110	Bowling II	1
KINE 1111	Flag Football I	1
KINE 1113	Golf I	1
KINE 1114	Golf II	1
KINE 1115	Karate I	1
KINE 1116	Karate II	1
KINE 1119	Racquetball I	1
KINE 1120	Racquetball II	1
KINE 1121	Soccer I	1
KINE 1123	Softball I	1
KINE 1125	Swimming I	1
KINE 1126	Swimming II	1
KINE 1127	Tennis I	1
KINE 1128	Tennis II	1
KINE 1129	Volleyball I	1
KINE 1131	Yoga and Flexibility Training	1
KINE 1132	Self Defense and Personal Safety	1
KINE 1133	Outdoor Adventure Training	1
KINE 1149	Team Sports I	1
KINE 1150	Team Sports II	1
KINE 1210	Aerobic Dance I	2
KINE 1211	Aerobic Dance II	2

Lecture Courses

KINE 1164	Introduction to Physical Fitness and Wellness	1
KINE 1301	Foundations of Kinesiology	3
KINE 1304	Personal/Community Health I	3
KINE 1306	First Aid	3
KINE 1308	Sports Officiating I	3
KINE 1321	Coaching/Sports/Athletics I	3
KINE 1331	Physical Education for Elementary Education Majors	3
KINE 1336	Introduction to Recreation I	3
KINE 1338	Concepts of Physical Fitness	3
KINE 1346	Drug Use & Abuse	3

Personal Trainer

Certificate

This program has additional prerequisites prior to enrolling in FITT courses. Application requirements are included in the description below.

The curriculum for the Personal Trainer certificate is composed of courses designed to provide the student the knowledge and skills needed to enter the workforce in the area of Commercial Fitness. These courses will allow the student the ability to provide personal training services to clients seeking to improve their fitness levels. Training strategies, program development and assessment practices are included to prepare students to be competitive in the Commercial Fitness industry. This certificate provides individuals with the most current, foundational knowledge, training, testing and competencies to certify them to practice as professional certified fitness trainers.

Taught over a two semester period, this certificate includes 19 semester hours of lecture in topics that include basic anatomy, biomechanics, nutrition, legal and safety issues, basic facility management, CPR and First Aid, as well as hands-on fitness labs that offer participants exercise prescription knowledge, fitness testing, health assessment, the use of fitness equipment, case studies, risk stratification, and mastering the art and science of personal training. In addition, students will be eligible to take a certification exam with a national organization upon completion of the certificate program.

Completion of a High School Diploma or GED is required to enroll in the FITT courses. For additional information, please contact Mr. Brent Angangan, Department Chair, in the Kinesiology Department 956-872-3707.

Program Learning Outcomes

Personal Trainer Certificate

1. Students will demonstrate basic knowledge of anatomy, physiology, biomechanics, psychology, pharmacology and nutrition as it relates to the personal trainer fitness industry.
2. Students will demonstrate the assessment of individual's fitness levels, readiness for exercise and risk stratifications including special populations.
3. Design and create customized individual exercise programs (Strength, power, hypertrophy, cardiovascular, plyometrics,

flexibility, fat loss) to meet the goals of individuals including special populations.

Kinesiology Associate of Arts

1. The learner will define and discuss the 12 sub-disciplines of Kinesiology.
2. The learner will analyze personal beliefs and philosophies concerning their chosen profession.
3. The learner will prepare both an oral and written presentation explaining the components of fitness and the importance of exercise and nutrition as it relates to healthy lifestyles.
4. The learner will demonstrate proper First Aid skills and techniques designed to treat injuries.
5. The learner will demonstrate proper techniques to enhance fitness levels and practice proper techniques for specific activities/sports.

Advisory Committee Members

(For Workforce Program Only)

John Quezada, Committee Chair, Army Master Fitness Trainer

Humberto Cerda, Manager, Gold's Gym

Antonio Diaz, Manager/Personal Trainer, Gold's Gym

Jaime Cavazos, Cavazos Sports Institute

Louie Palacios, Owner, The Shack

Yvette Garcia, Trainer, The Shack

Mike Johnson, Owner, VPR Fitness

Joe Valtierra, Trainer, VPR Fitness

Dr. Belinda Jordan, Obesity Physician,

Joel Matos, Vice President, Freedom Fitness

Cristopher Garcia Sancho, Personal Trainer, Freedom Fitness

Leroy Moreno, Physician Assistant, Family First Medical Center

Joe Pitones, Owner, 9Round Fitness

Peggy Ramon Rosales, Registered Dietician, PR Nutrition Consulting

Dr. Robert Zuniga, Chiropractor

(For Academic Program Only)

TSI Liable

Field of Study - 18 credit hours

KINE 1125	Swimming I	1
KINE 1301	Foundations of Kinesiology	3
KINE 1306	First Aid	3
KINE 1338	Concepts of Physical Fitness	3

Area 1: Team Sports

Select three of the following: 3

KINE 1107	Basketball I
KINE 1111	Flag Football I
KINE 1121	Soccer I
KINE 1129	Volleyball I
KINE 1123	Softball I

Area 2: Individual Sports

Select two of the following: 2

KINE 1103	Weight Training and Conditioning I
KINE 1105	Badminton
KINE 1109	Bowling I
KINE 1113	Golf I
KINE 1115	Karate I
KINE 1119	Racquetball I
KINE 1127	Tennis I

Area 3: Outdoor Education

KINE 1336	Introduction to Recreation I	3
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STC Core Curriculum - 42 credit hours

Complete 42 credit hours of required Core Curriculum including the following: ^{1,2} 42

Life and Physical Sciences

BIOL 2401	Anatomy and Physiology I
BIOL 2402	Anatomy and Physiology II

Total Credit Hours 60

¹ In addition to the courses in the Field of Study, the student is required to take 42 credit hours from the STC Core Curriculum.

² Students who select a 3 credit hour Mathematics course to fulfill the Mathematics component of the Core Curriculum must take 4 credit hours to complete the Component Area Option for the Core Curriculum.

Certificate

- Personal Trainer Certificate (p. 2)

Associate Degree

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Personal Trainer Certificate

TSI Exempt

Course	Title	Credit Hours
Fall		
FITT 1401	Fitness and Exercise Testing	4
FITT 1237	Personal Training	2
KINE 1306	First Aid	3
FITT 2309	Theory of Exercising Program Design and Instruction	3
Credit Hours		12
Spring		
FITT 2305	Sports Facility Management	3
FITT 2313	Exercise Science	3
FITT 1164	Practicum-Health and Physical Education	1
Credit Hours		7
Total Credit Hours		19

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TSI Liable

Recommended Course Sequence

Course	Title	Credit Hours
First Year		
Fall		
COSC 1301	Introduction to Computing (OR SPCH Elective-Component Area Option-Core Curriculum)	3
HIST 1301 or HIST 2327	United States History I or Mexican-American History I	3
ENGL 1301	Composition I	3
KINE 1301	Foundations of Kinesiology	3
Kinesiology Elective Area 1 - Field of Study ¹		
KINE 1107	Basketball I	
KINE 1111	Flag Football I	
KINE 1121	Soccer I	
KINE 1129	Volleyball I	
KINE 1123	Softball I	
Credit Hours		13

Spring		
KINE 1306	First Aid	3
HIST 1302 or HIST 2328	United States History II or Mexican-American History II	3
ENGL 1302	Composition II - Rhetoric	3
GOVT 2305	Federal Government	3
Kinesiology Elective Area 2 - Field of Study ¹		1
KINE 1103	Weight Training and Conditioning I	
KINE 1105	Badminton	
KINE 1109	Bowling I	
KINE 1113	Golf I	
KINE 1115	Karate I	
KINE 1119	Racquetball I	
KINE 1127	Tennis I	
Credit Hours		13
Summer		
Creative Arts Elective - Core Curriculum		3
Language, Philosophy & Culture Elective - Core Curriculum		3
Credit Hours		6
Second Year		
Fall		
Mathematics Elective - Core Curriculum		3-4
BIOL 2401	Anatomy and Physiology I	4
KINE 1338	Concepts of Physical Fitness	3
KINE 1125	Swimming I	1
Kinesiology Elective Area 3 - Field of Study ¹		3
KINE 1336	Introduction to Recreation I	
Kinesiology Elective Area 2 - Field of Study ¹		1
KINE 1103	Weight Training and Conditioning I	
KINE 1105	Badminton	
KINE 1109	Bowling I	
KINE 1113	Golf I	
KINE 1115	Karate I	
KINE 1119	Racquetball I	
KINE 1127	Tennis I	
Kinesiology Elective Area 1 - Field of Study ¹		1
KINE 1107	Basketball I	
KINE 1111	Flag Football I	
KINE 1121	Soccer I	
KINE 1129	Volleyball I	
KINE 1123	Softball I	
Credit Hours		17
Spring		
GOVT 2306	Texas Government	3
BIOL 2402	Anatomy and Physiology II	4
Social and Behavioral Sciences Elective - Core Curriculum		3
Kinesiology Elective Area 1 - Field of Study ¹		1
KINE 1107	Basketball I	
KINE 1111	Flag Football I	
KINE 1121	Soccer I	
KINE 1129	Volleyball I	
KINE 1123	Softball I	
Component Area Option - Core Curriculum (if required)		1
Credit Hours		11
Total Credit Hours		60

¹ Courses to be chosen for Field of Study