

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
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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

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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.

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Recommended Course Sequence

Course	Title	Credit Hours
First Semester		
COSC 1301	Introduction to Computing (or Speech 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		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
Second Semester		
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
Third Semester		
Creative Arts Elective - Core Curriculum		3
Language, Philosophy & Culture Elective - Core Curriculum		3
Credit Hours		6
Fourth Semester		
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
Fifth Semester		
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