Career Options with a Degree in Kinesiology

A degree in Kinesiology will allow you to gain an understanding of the complex interaction of the physiological, psychological, sociological and biomechanical elements that make up human movement, as well as open pathways to a variety of careers in related fields of health, wellness and fitness. The following are examples of various career paths relevant to a Kinesiology degree.

- Athletic Trainer
- Corporate Wellness Manager
- Sports Director or Coach
- Fitness Instructor/Personal Trainer
- Recreational Therapist
- Strength and Conditioning Coach
- Professional Head Coach
- Weight Training Instructor
- Technology Consultant
- Physical Education Instructor
- Biomechanics
- Exercise Science
- Health Psychology
- Injuries and Rehabilitation
- Psychomotor Behavior

Enrollment Information

For information please contact the Admissions and Records Office:

Physical Education & Athletics
11555 Old Oregon Trail
P.O. Box 496006
Redding, CA 96049-6006
www.shastacollege.edu
(530) 242-7590

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Kinesiology is an interdisciplinary study involving the study of human movement. The Shasta College Associates in Arts Kinesiology for Transfer Degree (AA-T Degree) provides students with the opportunity to meet the requirements for transfer to the California State University system in the Kinesiology major.

The degree is designed to prepare students for a variety of career options in the field of Kinesiology such as: teaching, coaching, exercise science, sports medicine and physical therapy.

In order to earn this degree, a student must complete 60 required semester units of CSU-transferable coursework with a minimum GPA of 2.0. Completing this degree guarantees admission to the CSU system but not to a particular campus or major.

There are three subfields the Shasta College Kinesiology program highlights:

- **Athletic Training**
- **Strength and Conditioning**
- **Teaching/Coaching**

Students working in **Athletic Training** specialize in athletic injury prevention and treatment. Athletic Trainers play a pivotal role in athletic departments as they are the first contact for student-athletes with injuries.

Students specializing in **Strength Training** become Strength and Conditioning Coaches who work with student-athletes year round in the weight room and/or track. Strength and Conditioning Coaches help athletes become bigger, faster, and stronger.

The **Teaching/Coaching** subfield are for students who desire to be both a teacher and a coach. These students will be prepared to teach in classrooms while learning to coach their respective sport.

To receive the Associate of Arts in Kinesiology Transfer Degree, students must complete the following “CORE” courses in addition to the 34-39 unit general education pattern for CSU or IGETC.

**Required Core Courses (13 units):**

- ANAT 1* Human Anatomy with Lab (5)
- KINES 1 Foundations of Kinesiology (3)
- PHY 1* Physiology with Lab (5)

**Movement Based Courses (3 units):**

Select a maximum of one course from any three of the following areas for a minimum of three units.

- PE 30A Beginning Swimming (1)
- PE 30B Intermediate Swimming (1)
- PE 37 Springboard Diving (1)
- PE 31 Aquatics (1)
- PE 60 Self Defense (1)
- PE 11 Fundamental Conditioning (1)
- PE 12A Beg. Weight Training and Fitness (1)
- PE 12B Inter. Weight Training and Fitness (1)
- PE 15 Aerobic Dance (1)
- PE 16 Aerobic Exercise (1)
- PE 17 Yoga (1)
- PE 51A Beginning Tennis (1)
- PE 51B Intermediate Tennis (1)
- PE 69 Football (1)
- PE 70A Beginning Volleyball (1)
- PE 70B Intermediate Volleyball (1)
- PE 71 Softball (1)
- CHEM 1A* General Chemistry (5) OR KINES 2* Sports Emergency Care (3)
- CHEM 2A* Introduction to Chemistry (5)
- PHYS 1A* General Physics (4)
- MATH 1A* Introduction to Statistics (4)

*May be used to fulfill General Education requirements.
#May be used to fulfill IGETC requirements. See a counselor.