



WHAT IS KINESIOLOGY?

Kinesiology is the study of how the human body moves and how those movements can have an impact on overall health. As it concerned with movement and health, kinesiology is also grounded in knowledge of anatomy and how organs function at the cellular level. Within kinesiology, there are several disciplines such exercise science, sports management, sports psychology and physical education.

INTERESTS

(THINGS YOU LIKE TO DO)

- Exercise and physical activity
- Sports-watching and participating
- Working outdoors
- Maintaining a healthy lifestyle
- Studying biology
- Studying human anatomy
- Helping others

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SKILLS

(THINGS YOU WILL LEARN & USE)

- Computer literacy
- Interpersonal skills
- Physical stamina
- Communication
- Problem solving
- Teaching
- Motor skills
- Patience
- Knowledge of human anatomy

LAVC DEGREES & CERTIFICATES OFFERED

Students will be introduced to the evidence based research supporting the wellness effects of exercise in our communities, schools, work places and clinical settings. Kinesiology provides areas of study in teaching (pedagogy), coaching, group fitness, personal training health/fitness promotion, exercise physiology, biomechanics, athletic training, exercise equipment design/testing, as well as pre-professional training for physical therapy, medicine, and research. LAVC offers the following degrees:

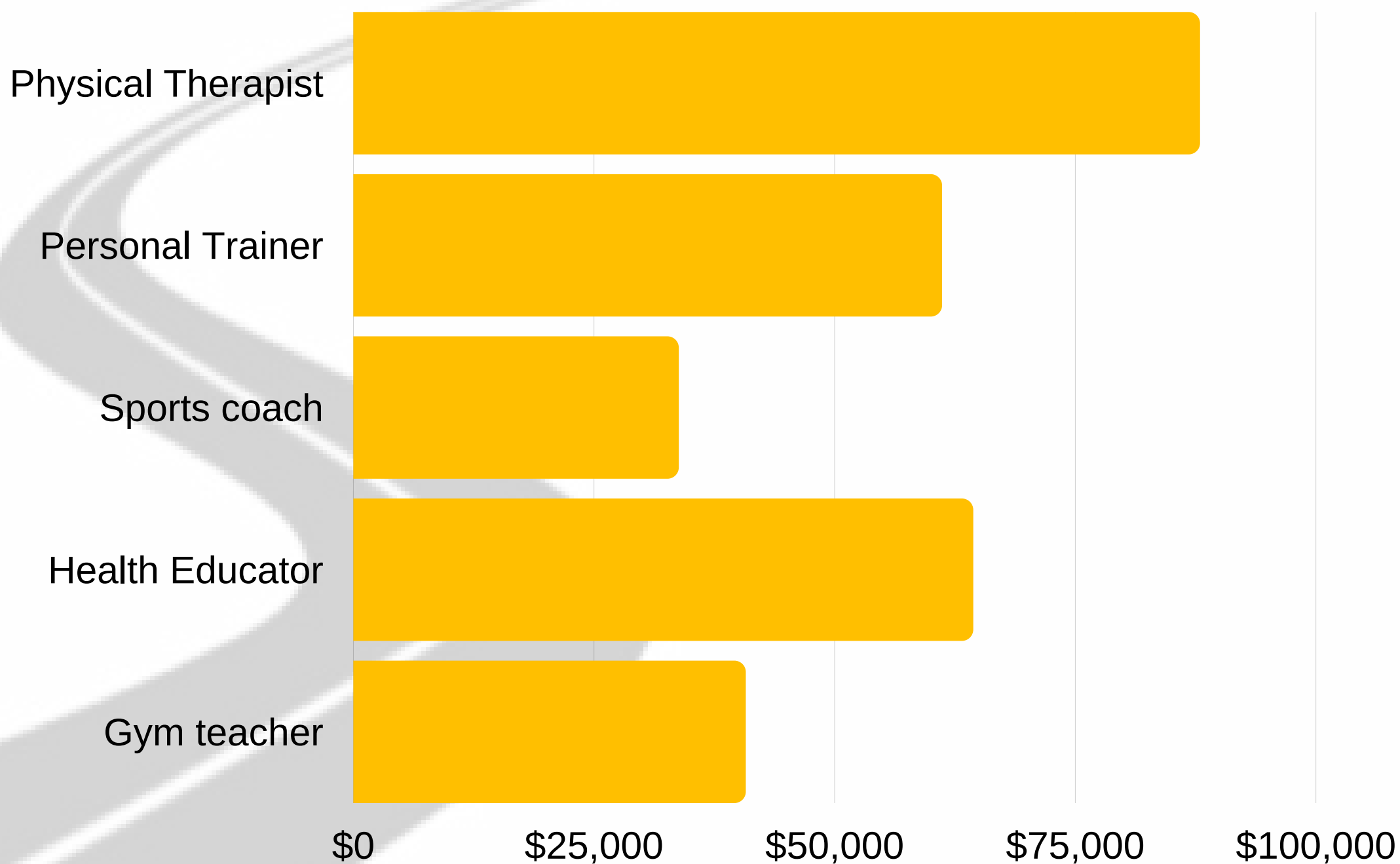
- **Associate of Arts for Transfer (AA-T) in Kinesiology**
- **Associate of Arts (AA) in Physical Education**

TRANSFER RELATED MAJORS

- **CSU Dominguez Hills:** Physical Education - Athletic Training Education
- **CSU Dominguez Hills:** Physical Education - Fitness Director
- **CSU Fullerton:** Kinesiology - Gerokinesiology
- **CSU Fullerton:** Kinesiology
- **CSU Los Angeles:** Kinesiology - Exercise Science
- **CSU Los Angeles:** Kinesiology - Movement Science
- **CSU Los Angeles:** Kinesiology - Rehabilitation and Therapeutic Exercise
- **CSU Northridge:** Kinesiology - Physical Education
- **CSU Northridge:** Kinesiology - Applied Fitness and Active Lifestyle Development
- **CSU Northridge:** Sport Studies
- **Cal Poly Pomona:** Kinesiology



EARNINGS*



*Earnings can vary by occupation and experience. The following are median wages as of 2018 in California based on CaliforniaCareerZone.org

FOR MORE INFORMATION

- www.lavc.edu/transfer
- [https://www.lavc.edu/Kinesiology/Kinesiology-Degrees/Kinesiology-\(AA-T\).aspx](https://www.lavc.edu/Kinesiology/Kinesiology-Degrees/Kinesiology-(AA-T).aspx)
- www.lavc.edu/transfer/majors/default.html
- www.assist.org
- www.eureka.org
- www.cacareerzone.org
- www.onetonline.org
- <http://degrees.calstate.edu/>

RELATED OCCUPATIONS

- Physical therapist
- Personal trainer
- Exercise physiologist
- Elementary school gym teacher
- Sports coach
- Health educator
- Occupational health specialist
- Health inspector
- Pharmaceutical sales representative



POTENTIAL EMPLOYERS

- Gyms
- Rehabilitation facilities
- Hospitals
- Outpatient clinics
- Nursing homes
- Health agencies
- Professional sports leagues
- Elementary schools
- Colleges/universities

This general information is provided by the LAVC Career/Transfer Center. For specific information about majors and careers please make an appointment to see a counselor either online, in person at the Counseling Department (Student Services Annex) or by phone at (818) 947-2474.