



# Kinesiology / Public Health option\*

AS (60 SCH\*)

\*Semester Credit Hour

5/2024

## First Semester - 16 SCH

EDUC/PSYC 1100 - Learning Framework  
ENGL 1301 - Composition I  
HIST 1301 - United States History I  
MATH 1342 - Elementary Statistical Methods  
MUSI 1306 - Music Appreciation  
PHED 1301 - Foundations of Kinesiology

## Second Semester - 15 SCH

COMM 1307 - Introduction to Mass Communications  
ENGL 1302 - Composition II  
HIST 1302 - United States History II  
PHED 1304 - Personal/Community Health  
PHED 1338 - Concepts of Physical Fitness

## Third Semester - 16 SCH

BIOL 2401 - Anatomy & Physiology I  
ECON 2302 - Principles of Microeconomics  
GOVT 2305 - Federal Government  
PHED 1306 - First Aid  
SPCH 1315 - Public Speaking

## Fourth Semester - 13 SCH

BIOL 2402 - Anatomy & Physiology II  
GOVT 2306 - Texas Government  
PHED 2356 - Care and Prevention of Athletic Injuries  
or PHED 1346 - Drug Use and Abuse\*  
PSYC 2314 - Lifespan Growth and Development

\*Kinesiology requires PHED 2356 in the fourth semester; Public Health requires PHED 1346 in the fourth semester.

## Marketable Skills

- Select and implement training, instructional methods and procedures that are appropriate for the situation when learning or teaching new ideas and tasks.
- Identifying measures or indicators of system performance and the actions needed to improve or correct performance, relative to the goals of the system.
- Determining how a system should work and how changes in conditions, operations and the environment will affect outcomes.
- Speaking to others to convey information effectively.
- Using logic and reasoning to identify the strengths and weaknesses of alternative solutions, conclusions or approaches to problems.
- Monitoring and assessing performance of yourself, other individuals or organizations to make improvements to take corrective action.
- Identifying complex problems and reviewing related information to develop and evaluate options and implement solutions.
- Communicating effectively in writing as appropriate for the needs of the audience.
- Considering the relative costs of actions and choosing the most appropriate.

## Program Outcomes

- Demonstrate an applied understanding of the form and function of the human body.
- Identify and describe the factors that influence health, rehabilitation, and human movement.
- Evaluate programs and interventions related to health promotion, physical activity and the treatment of diseases.

## Transfer Path/Requirements

For Texas A&M Commerce

- A student completing the Paris Junior College curriculum is considered Core complete at Texas A&M Commerce.
- No more than 60-66 SCH from PJC will be applied to a bachelor degree at TAMU-Commerce. Another 60 or more must be completed at TAMU-Commerce.
- For the kinesiology major, students might transfer either to the Sport and Recreation Management B.S. or the Kinesiology and Sports Studies B.A./B.S. - All-Level Teacher Certification. The student should check the specific requirements of the degree they are seeking.

## High School Endorsements

Public Service

## Expected Salary

**Texas wage data:** workers on average earn \$64,100; 10% of workers earn \$18,320 or less; 10% of workers earn \$106,270 or more. **US wage data:** workers on average earn \$66,290; 10% of workers earn \$33,140 or less; 10% of workers earn \$130,580 or more.

## Career Opportunities

**AS Minimum:** Exercise Trainers and Group Fitness Instructors; Respiration Therapist; Physical Therapist Aide. **BS Minimum:** Athletic Administrator; Athletic Trainer; Athletics Coach; Sports Officiating; Exercise Physiologist; Fitness and Wellness Coordinators. **MS Minimum:** Physical Therapist; Recreational Therapist; Sports Management; College Coaching; Recreation and Fitness Studies Teachers (Postsecondary).