



Kinesiology / Public Health option*

AS (60 SCH*)

*Semester Credit Hour 8/2020

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 Communication
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

Critical Thinking Skills: Creative thinking, innovation, inquiry, and analysis, evaluation, and synthesis of information, using technology as appropriate.
Communication Skills: Effective development, interpretation, and expression of ideas through written, oral, and visual communication.
Empirical and Quantitative Skills: Manipulation and analysis of numerical data or observable facts resulting in informed conclusions.
Teamwork: Ability to be flexible and to consider different points of view and to work effectively with others, taking the initiative when appropriate, to support a shared purpose or goal.
Social Responsibility: Intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities.
Personal Responsibility: A strong work ethic and the ability to connect choices, actions, and consequences to ethical decision-making.

Program Outcomes

- Understand the basics of human body movement and the historical evolution of physical education, sport, and exercise science.
- Demonstrate knowledge of prevention and care of athletic injury and athletic training.
- Understand personal and community health issues, techniques for promoting healthy living, and use/abuse of drugs in today's society.

High School Endorsements

Public Service

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.

Career Opportunities

Athletic administration in school or college; Personal trainer; Athletic trainer; Physical education teacher at school or college; Cardiac rehabilitation specialist; Physical therapist; Coaching at school or college; Recreational therapist; Exercise physiologist; Respiration therapist; Fitness instructor or director at commercial fitness center; Sports management; Sports officiating; Occupational therapist.