

## MAJOR REQUIREMENTS

6. Seek out and engage in opportunities that broaden their perspective and increase their responsibility to community both locally and globally.
7. Address social, behavioral, and cultural issues to respond to the challenges of work, family, community, and the world at large.
8. Apply and relate their understanding of international trade and initiatives to develop multiple perspective on globalization issues and their impact on economic decision makers.

AWARD	TYPE	GRAD PLAN	REQ COURSES UNITS	TOTAL UNITS
IAS-Middle East	AA	IGETC/CSU GE	27	60+
+ At least 60 degree applicable units are required to earn an Associate Degree.				



## ASSOCIATE OF ARTS DEGREES

### International Area Studies – Middle East

MAJOR CODE: 2210.10

(27 units)

REQUIRED COURSES	UNITS
ANTHRO 102 Cultural Anthropology	3
ANTHRO 134 Peoples & Culture of the Middle East	3
ART 141 Introduction of African Art	3
ECON 2 Macro Economics	3
GEOG 2 Cultural Elements of Geography	3
HISTORY 87 Intro to World Civilization II	3
POLI SCI 2 Comparative Politics	3
POLI SCI 7 International Relations	3
POLISCI 60 Intro to Globalization	3
<b>TOTAL REQUIRED UNITS</b>	<b>27</b>

### RECOMMENDED COURSE ELECTIVES UNITS

Two semesters of a foreign language are recommended with the AA in International Area Studies – Africa

ARABIC 1	Elementary Arabic I	5
ARABIC 2	Elementary Arabic II	5

For RECOMMENDED COURSE SEQUENCE consult a WLAC counselor.

## KINESIOLOGY

### KINESIOLOGY & ATHLETICS DIVISION

The curriculum for the Associate of Arts degree in Liberal Arts with a Kinesiology emphasis includes coursework that aligns with lower-division major requirements at various universities within the University of California (UC) and California State University (CSU) systems. Students interested in transferring are encouraged to visit the Counseling Office for individualized educational planning.

### PROGRAM LEARNING OUTCOMES (PLOs):

1. Understand the five components of fitness: cardiovascular endurance, muscle strength, muscle endurance, flexibility and body composition.
2. Assess the risk factors of a specific training activity and practice safety precautions.
3. Distinguish how different types of activities (ex. Jazz Dance vs. Weight Training) relate to the five components of fitness.
4. List activities that are beneficial for modifying body composition.
5. List activities that benefit the cardiovascular system.
6. Apply and practice the concepts of teamwork, cooperation, communication and respect for each other.
7. Demonstrate increased movement vocabulary.

AWARD	TYPE	GRAD PLAN	REQ COURSES UNITS	TOTAL UNITS
Physical Education (Kinesiology)	AA	N/A	20	60+
Physical Education – Dance Emphasis (Kinesiology)	AA	N/A	20	60+
(20 units, Plan A) + All West requirements for Associate Degree.				

# MAJOR REQUIREMENTS

## 🦋 ASSOCIATE OF ARTS DEGREE

### Kinesiology (Physical Education)

MAJOR CODE: 0835.00

*(20 Units, Plan A) + All other West requirements for Associate Degree.*

### RECOMMENDED COURSE SEQUENCE

SEMESTER 1	UNITS
KIN MAJ 100** Introduction to Kinesiology	3
HEALTH 11 Principles of Health Living	3
KIN ATH Intercollegiate Athletics	3
KIN ATH Intercollegiate Athletics Fitness & Skills	1
KIN* SEE KINESIOLOGY COURSE LIST	1
GEN ED General Education Course(s)	4
<b>TOTAL COURSE UNITS</b>	<b>15</b>

SEMESTER 2	UNITS
HEALTH 12 Safety Education & First Aid	3
KIN* SEE KINESIOLOGY COURSE LIST	1
ANATOMY 1 Introduction to Human Anatomy	4
GEN ED General Education Courses	7
<b>TOTAL COURSE UNITS</b>	<b>15</b>

SEMESTER 3	UNITS
KIN MAJ 126 Fundamentals of Athletic Training	3
PHYSIOL 1 Introduction to Human Physiology	4
KIN* SEE KINESIOLOGY COURSE LIST	1
GEN ED General Education Courses	7
<b>TOTAL COURSE UNITS</b>	<b>15</b>

SEMESTER 4	UNITS
KIN MAJ 126 Fundamentals of Athletic Training	3
KIN ATH SEE KINESIOLOGY COURSE LIST	1
KIN ATH SEE KINESIOLOGY COURSE LIST	1
GEN ED General Education Courses	10
<b>TOTAL COURSE UNITS</b>	<b>15</b>
<b>TOTAL DEGREE UNITS</b>	<b>60</b>

### KINESIOLOGY COURSE LIST

* 4 UNITS FROM THE FOLLOWING:	UNITS
KIN 185 Directed Studies	1
KIN 229 Body Conditioning Skills	1
KIN 232 Step Aerobics Activity	1
KIN 245 Body Dynamics Skills	1
KIN 250: 1, 2, 3 Weight Training Skills	1
KIN 251: 1, 2, 3 Yoga Skills	1
KIN 272 Track and Field Skills	1
KIN 286 Baseball Skills	1
KIN 287 Basketball Skills	1
KIN 289 Soccer Skills	1
KIN 291 Volleyball Skills	1
KIN 303: 1, 2, 3 Aqua Aerobics	1
KIN 326 Aerobic Super Circuit Lab	1
KIN 327 Lifelong Fitness Lab	1
KIN 329: 1, 2, 3 Body Conditioning	1
KIN 334: 1, 2 Walking for Fitness	1
KIN 345 Body Dynamics	1
KIN 350: 1, 2, 3 Weight Training	1
KIN 351: 1, 2, 3 Yoga Skills	1
KIN 387 Basketball	1
KIN 389 Soccer	1
KIN 391 Volleyball	1
KIN ATH 552 ICA ICA Conditioning & Skills	1
KIN ATH 553 ICA ICA Football Fitness & Skills	1
KIN ATH 554 ICA ICA Track/Field Fitness & Skills	1
KIN ATH 555 ICA ICA Cross Country Fitness & Skills	1
KIN ATH 556 ICA ICA Basketball Fitness & Skills	1
KIN ATH 557 ICA ICA Baseball Fitness & Skills	1
KIN ATH 558 ICA ICA Soccer Fitness & Skills	1
KIN ATH 558 ICA ICA Volleyball Fitness & Skills	1

### \*\*AND MAXIMUM 8 UNITS FROM THE FOLLOWING:UNITS

HEALTH 12 Safety Education & First Aid	3
KIN MAJ 100 Introduction to Kinesiology	3
KIN MAJ 126 Fundamental of Athletic Training	3
KIN ATH 503 ICA ICA Baseball	3
KIN ATH 504 ICA ICA Basketball	3

**ATTENTION TRANSFER STUDENTS**  
 NOTE: Students expecting to transfer to four-year institutions should see a West Los Angeles College counselor and consult the catalogs of transfer institutions regarding specific requirements for upper-division standing.

# MAJOR REQUIREMENTS

KIN ATH 506 ICA	ICA Cross Country	3
KIN ATH 508 ICA	ICA Football	3
KIN ATH 511 ICA	ICA Soccer	3
KIN ATH 515 ICA	ICA Track & Field	3
KIN ATH 516 ICA	ICA Volleyball	3

## ASSOCIATE OF ARTS DEGREE

### Physical Education-Dance (Kinesiology - Dance Emphasis)

MAJOR CODE: 0835.00

The curriculum for the Associate of Arts degree in Liberal Arts with a Dance emphasis includes coursework that aligns with lower-division major requirements at various universities within the University of California (UC) and California State University (CSU) systems. Students interested in transferring are encouraged to visit the Counseling Office for individualized educational planning.

### RECOMMENDED COURSE SEQUENCE

SEMESTER 1		UNITS
KIN MAJ 100**	Introduction to Kinesiology	3
DANCETO 111	Ballet Techniques I	1
DANCETO 121	Jazz Dance Techniques I	1
DANCEST 805	History and Appreciation of Dance	3
GEN ED	General Education Courses	7
<b>TOTAL COURSE UNITS</b>		<b>15</b>

SEMESTER 2		UNITS
HEALTH 12	Safety Education & First Aid	3
DANCETO 112	Ballet Techniques II	1
DANCETO 122	Jazz Dance Techniques II	1
DANCEST 301	Choreography	1
DANCEST 822	Dance Rehearsals & Performances	1
GEN ED	General Education Courses	8
<b>TOTAL COURSE UNITS</b>		<b>15</b>

SEMESTER 3		UNITS
ANATOMY 1	Introduction to Human Anatomy	4
DANCETO 141	Modern Dance Techniques I	1
DANCEST 301	Choreography I	1
DANCEST 814	Dance Production	2
GEN ED	General Education Courses	7
<b>TOTAL COURSE UNITS</b>		<b>15</b>

SEMESTER 4		UNITS
PHYSIOL 1	Introduction to Human Physiology	4
DANCETO 142	Modern Dance Techniques II	1
DANCEST 815	Dance Production II	2
DANCEST 151	Dance for Film & Stage	1
DANCEST 826	Dance Performance Company	1
GEN ED	General Educations	6
<b>TOTAL COURSE UNITS</b>		<b>15</b>
<b>TOTAL DEGREE UNITS</b>		<b>60</b>

* 4 UNITS FROM THE FOLLOWING:		UNITS
DANCETO 111, 112	Ballet	1
DANCETO 121, 122, 123, 124	Jazz Dance	1
DANCETO 141, 142	Modern Dance	1
DANCETO 151, 152	Dance for Film & Stage	1
DANCETO 437	Jazz Dance	1
DANCETO 463	Modern Dance	1

**AND MAXIMUM 8 UNITS FROM THE FOLLOWING:UNITS		
DANCEST 301	Choreography 1	1
DANCEST 805	History & Appreciation of Dance	3
DANCEST 814/815/816	Dance Production	2
DANCEST 822	Dance Rehearsals & Performance	1
DANCEST 826	Dance Performance Company	1