

# KINESIOLOGY/SPORT LEADERSHIP AND HUMAN PERFORMANCE

ASSOCIATE OF ARTS DEGREE

The Associate of Arts Degree in Sport Leadership and Human Performance prepares students for leadership roles in athletic, fitness, and recreational settings. This interdisciplinary program provides foundational knowledge in human performance science, physical conditioning, coaching principles, and leadership development within sport and wellness environments. Students will study key topics such as exercise physiology, sport psychology, and the principles of leadership and program management. The curriculum emphasizes skill development in communication, team coordination, organizational planning, and ethical leadership. This degree supports students pursuing further education in kinesiology, sports management, exercise science, or related fields. It also prepares graduates for careers in the thriving sport and recreation industries, with career paths including recreation program director, athletic administration, fitness program manager, sport coach, health and wellness instructor, community sports director, and strength and conditioning coach. To acquire the **Associate of Arts in Kinesiology/Sport Leadership and Human Performance**, students must complete the required major courses below with a grade of "C" or better along with one of the following:

- o RHC GE (Rio Hondo College General Education)
- o Cal-GETC (California General Education Transfer Curriculum); continuing students who started prior to Fall 2025 may follow CSU GE or IGETC

Required Courses		Units	N	IP	C
<b>Sport Leadership</b>					
<b>KIN 110</b>	Introduction to Fitness and Sport Management	<b>3</b>			
<b>KIN 159</b>	Leadership in Sport	<b>3</b>			
<b>KIN 188</b>	Theory of Coaching	<b>3</b>			
<b>KIN 195</b>	Sport and Society	<b>3</b>			
<b>Human Performance</b>					
<b>KIN 127</b>	Exercise Physiology	<b>3</b>			
<b>KIN 131</b>	Functional Anatomy of Movement	<b>3</b>			
<b>KIN 170</b>	Sport and Exercise Psychology	<b>3</b>			
<b>KIN 193</b>	Standard First Aid, C.P.R., and A.E.D.	<b>3</b>			
<b>KIN 122</b>	Nutrition for Sport and Fitness				
Or					
<b>KIN 126</b>	Principles of Strength and Conditioning	<b>3</b>			
Or					
<b>KIN 128</b>	Fitness Testing and Exercise Prescription				
<b>Choose 2 courses from the following:</b>					
<b>KIN 120</b>	Sports Law and Ethics	<b>3</b>			
<b>KIN 145</b>	Theory and Analysis of Fitness Instruction	<b>2</b>			
<b>KIN 190</b>	Women in Sport	<b>3</b>			
<b>KIN 191</b>	Health: Personal Issues	<b>3</b>			
<b>KIN 192</b>	Health: Women's Personal Health	<b>3</b>			
<b>KIN 194</b>	Introduction to Kinesiology	<b>3</b>			
<b>KIN 196</b>	Health: Fitness and Wellness	<b>3</b>			
<b>KIN 199</b>	Sport, Film, and Culture	<b>3</b>			
<b>Total major units needed for Associate of Arts</b>		<b>32-33</b>			
Units Completed					
*Prerequisite/Corequisite					