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# KINESIOLOGY

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Kinesiology is an academic area of study concerned with human movement and physical activity. The field of Kinesiology includes a variety of sub-disciplines including exercise physiology, biomechanics, motor control and motor learning, physical education, exercise & sport psychology, and the sociocultural study of movement. Entry-level employment opportunities in the field include: coaching, personal or group training, fitness instruction, fitness specialists, physical therapy assistants, recreation, as well as managerial positions in athletics and recreation centers.

The AA-T Kinesiology prepares students for transfer to bachelor's degree programs in Kinesiology; and similar degrees including Exercise Science, Physical Education, Pre-Physical Therapy/Therapeutic Studies, Athletic Training, Coaching and Fitness Management. Advanced degrees in Kinesiology lead to employment opportunities in athletic training, sports management, physical therapy, occupational therapy, teaching physical education, cardiac rehabilitation, coaching, and further study in health/medical fields.

The Kinesiology program also offers students an opportunity to enrich their education with emphasis on physical activity and improved physical well-being.

### Athletics

Las Positas College offers an Intercollegiate Athletics program dedicated to assisting each student in achieving the highest possible academic and athletic success. Our faculty and coaches subscribe to the philosophy that athletics plays an integral role in the total educational process and that athletics helps to promote the growth of values in leadership, character, sportsmanship, and teamwork.

## Programs of Study

### Degrees:

- [AA-T - Kinesiology](#)

### Certificates of Achievement:

- [Athletic Training/Sports Medicine](#)
- [Fitness Trainer](#)