

# KINESIOLOGY TRACK, PUBLIC HEALTH, AS

## Program Description

The Associate of Science, Public Health, Kinesiology Track provides the lower division coursework towards bachelor degrees in community health, public health, health education, and other related areas and satisfies the lower division major requirements towards the UNR Bachelor of Science in Public Health, Kinesiology Specialization. The B.S. in Public Health Kinesiology prepares students for work in coaching, physical education instruction, and personal training. In addition, it is an excellent preparation for applying to Professional Schools in Physical Therapy, Occupational Therapy, and Physician Assistant Programs.

Public Health Career Map (<https://sites.tmcc.edu/flipbook/career-maps/50/>)

## Recommended Course Schedule

	Units
<b>1st semester</b>	
English <sup>5</sup>	3
Fine Arts/Diversity <sup>5</sup>	3
Mathematics <sup>5</sup>	3
NUTR 121 Human Nutrition	3
PBH 101 Introduction to Public Health or PBH 120 or Foundations of Personal Health and Wellness	3
<b>Semester Total</b>	<b>15</b>
<b>2nd semester</b>	
BIOL 190A Introduction to Cell and Molecular Biology & BIOL 190L and Introduction to Cell and Molecular Biology Laboratory	4
CHEM 121 General Chemistry I (with Lab)	4
English <sup>5</sup>	3
Elective <sup>6</sup>	1
PBH 120 Foundations of Personal Health and Wellness or PBH 101 or Introduction to Public Health	3
<b>Semester Total</b>	<b>15</b>
<b>3rd semester</b>	
BIOL 223 Human Anatomy and Physiology I	4
Electives <sup>6</sup>	4
Social Science/Diversity <sup>5</sup>	3
PBH 220 Introduction to Public Health Biology	3
<b>Semester Total</b>	<b>14</b>
<b>4th semester</b>	
BIOL 224 Human Anatomy and Physiology II	4
Electives <sup>6</sup>	6
PBH 281 Introduction to Biostatistics in Public Health	3
U.S. and Nevada Constitutions/Humanities <sup>6</sup>	3
<b>Semester Total</b>	<b>16</b>
<b>Total Units</b>	<b>60</b>

<sup>5</sup> See approved General Education list for AA/AS Degree

<sup>6</sup> See program recommendations or requirements.

## Program Requirements

AA/AS degrees are designed for students who plan to transfer to a four-year college or university.

To earn an AA/AS degree, students must:

1. Maintain a minimum cumulative GPA of 2.0 (see requirements for graduation.)
2. Complete a minimum of 15 units within the college.
3. Satisfy General Education requirements for the AA/AS (<http://catalog.tmcc.edu/degrees-certificates/general-education/aa-as/>).
4. Have no financial or library obligation to the college.

Code	Title	Units
<b>General Education Requirements</b>		
<i>English</i> <sup>1</sup>		3-6
Required:		
ENG 102 or ENG 114	Composition II Composition II For International and Multilingual Students	
<i>Fine Arts</i>		3
<i>Humanities</i>		3
<i>Mathematics</i>		3
Recommended:		
MATH 126	Pre-Calculus I (or higher)	
<i>Science</i>		[6]
Required:		
BIOL 190A & BIOL 190L	Introduction to Cell and Molecular Biology and Introduction to Cell and Molecular Biology Laboratory	4
CHEM 121	General Chemistry I	4
<i>Social Science</i>		3
Recommended:		
PSY 101	General Psychology	
<b>Additional College Requirements</b>		
<i>Diversity</i> <sup>2</sup>		[3]
<i>Science</i> <sup>2</sup>		[6]
<i>U.S. and Nevada Constitution</i> <sup>2</sup>		[3]
<b>Degree Requirements</b>		
BIOL 223	Human Anatomy and Physiology I	4
BIOL 224	Human Anatomy and Physiology II	4
NUTR 121	Human Nutrition	3
PBH 101	Introduction to Public Health	3
PBH 120	Foundations of Personal Health and Wellness	3
PBH 220	Introduction to Public Health Biology	3
PBH 281	Introduction to Biostatistics in Public Health	3
<b>Electives</b>		
Select 11-14 units of the following		11-14
BIOL 251	General Microbiology	

NURS 140	Medical Terminology <sup>4</sup>
PBH 234	Introduction to Environmental Health
PHIL 244	Bioethics
PEX/DAN (up to 2 units)	
Or any transferable college-level units	
<b>Total Units</b>	<b>60</b>

<sup>1</sup> If you place into ENG 102 or ENG 114, the additional 3 required units will become elective units.

<sup>2</sup> Course may also count toward degree requirements. Please consult with Academic Advisement.

<sup>3</sup> Will substitute for PBH 334 at UNR.

<sup>4</sup> Will substitute for KIN 111 at UNR.

## Program Outcomes

Students completing the degree will:

PSLO1: Recognize how the social, cultural, economic, political, geographical, and biological environments affect personal and community health.

PSLO2: Describe and apply behavioral strategies to promote personal health and wellness, and disease and illness prevention.

PSLO3: Demonstrate the ability to gather and interpret evidence-based information, and effectively communicate, in both written and oral formats, on topics related to community health.

PSLO4: Describe the mechanics and physiology of the human body as it relates to physical health.

## Transfer Agreements

AA/AS degrees are designed for students who plan to transfer to a four-year college or university. General information about general transfer agreements can be found on the Academic Advisement website (<https://www.tmcc.edu/advisement/transfer-students/transfer-agreements/>). Students who intend to transfer to another college or university should speak with a TMCC Academic Advisor and consult with that institution. The transfer institution determines how TMCC courses will transfer. TMCC has agreements with the following institutions towards a bachelor's degree in the same or similar discipline.

- University of Nevada, Reno (<https://www.unr.edu/admissions/transfer/credits/transfer-agreements/>)