

Associate in Arts Degree in Kinesiology for Transfer

Laney College

Outcome	Institutional Outcomes	Assessment Method
Critically analyze anatomical and physiological factors in the development of exercise prescription, prevention and rehabilitation programs designed to meet individual goals and circumstances		As measured by ability to follow industry standards for fitness assessment protocols and instructor evaluation of appropriate prescription methods utilized.
Synthesize health and fitness information for application to improve the 5 components of fitness in clients: cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition (weight management)		By completion of examinations of fitness and health topics to include the 5 components of fitness.
Identify career and / or educational options in physical education, and formulate an action plan to successfully pursue and attain those options		As measured by the completion of a student survey on perceived readiness for independent work in sports medicine and/or physical education; or transfer readiness.