

MAJOR REQUIREMENTS



CERTIFICATE OF ACHIEVEMENT

Hospitality Certificate of Achievement

MAJOR CODE: 1307.05

Same major requirements as for Associate Degree. No general education requirements.

Hotel Front Desk & Back Office Operations Certificate of Achievement

MAJOR CODE: 1307.06

REQUIRED COURSES	UNITS
HOSPT 100 Introduction to Hospitality Industry	3
HOSPT 302 Introduction to Hotel/Motel Operations	3
HOSPT 303 Hotel Front Office Operations	3
HOSPT 325 Guest Relations Management	3
HOSPT 330 Managing Technology and E-Commerce	3

AND 3 UNITS FROM THE FOLLOWING:	UNITS
TRAVEL 100 Introduction to the Travel Industry	3
HOSPT 310 Hospitality Sales or Marketing 1	3
TOTAL REQUIRED UNITS	18

For RECOMMENDED COURSE SEQUENCE consult a WLAC counselor.

Hotel Sales & Marketing Certificate of Achievement

MAJOR CODE: 1307.07

REQUIRED COURSES	UNITS
TRAVEL 100 Introduction to the Travel Industry	3
HOSPT 100 Introduction to Hospitality Industry	3
HOSPT 310 Hospitality Sales or Marketing 1	3
HOSPT 311 Hospitality Marketing	3
OR	
MARKET 21 Principles of Marketing	3
HOSPT 340 Introduction to Professional Food Serv.	3

AND 3 UNITS FROM THE FOLLOWING:	UNITS
BUS 1 Introduction to Business	3
MGMT 1 Principles of Management	3
MGMT 6 Public Relations	3
TOTAL REQUIRED UNITS	18

For RECOMMENDED COURSE SEQUENCE consult a WLAC counselor.

Event & Convention Planning Certificate of Achievement

MAJOR CODE: 1307.08

REQUIRED COURSES	UNITS
HOSPT 100 Introduction to Hospitality Industry	3
HOSPT 135 Meeting, Convention Planning	3
HOSPT 302 Introduction to Hotel/Motel Operations	3
HOSPT 320 Hospitality Law	
OR	
BUS 5 Business Law 1	3
HOSP 340 Intro to Professional Food Service	3

AND 3 UNITS FROM THE FOLLOWING:	UNITS
BUS 1 Introduction to Business	3
MGMT 1 Principles of Management	3
MGMT 6 Public Relations	3
MGMT 13 Small Business Entrepreneurship	3
TOTAL REQUIRED UNITS	18

KINESIOLOGY (Degree in Physical Education)

HEALTH & KINESIOLOGY DIVISION

The curriculum for the Associate of Arts degree in Physical Education 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. Yoga vs. Weight Training) relate to the five components of fitness.
4. List activities that are beneficial for modifying body composition.

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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	Plan A	20	60
Physical Education – Dance Emphasis (Kinesiology)	AA	Plan A	20	60
(20 units, Plan A) + All West requirements for Associate Degree.				

ASSOCIATE OF ARTS DEGREE

Physical Education (Kinesiology)

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
TOTAL COURSE UNITS		15
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
TOTAL COURSE UNITS		15
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
TOTAL COURSE UNITS		15

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
TOTAL COURSE UNITS		15
TOTAL DEGREE UNITS		60

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

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

**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
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 Physical Education 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
TOTAL COURSE UNITS		15

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
TOTAL COURSE UNITS		15

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
TOTAL COURSE UNITS		15

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
TOTAL COURSE UNITS		15
TOTAL DEGREE UNITS		60

* 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

LIBERAL ARTS & SCIENCES

ARTS & HUMANITIES EMPHASIS BEHAVIORAL & SOCIAL SCIENCES EMPHASIS HEALTH PROFESSIONS EMPHASIS MATH, SCIENCE, AND COMPUTER SCIENCE EMPHASIS

The Liberal Arts and Sciences degree program provides students with an opportunity to earn an Associate of Arts degree in one of four major areas of emphasis: Math, Sciences, and Computer Science; Behavioral and Social Sciences; Arts and Humanities; and Health Professions. It is designed for students who wish to explore different disciplines (subject areas) before deciding on a definite major program prior to transferring to a four-year university, or for students who may not be planning to transfer and wish to earn a degree in a particular area of study that interests them.