

Course: EXSC 241B- Introduction to Kinesiology		Course # 5724
Credits: 2 high school credits, 3 college credits	Commitment: One Semester, paired with COM 103	Grade: 11, 12
A-G Category: Meets "G" requirement	Estimated Homework Time:	
Level of Difficulty:	Moderate	Difficult
		Very Difficult
Recommended Prerequisite: Successful completion of Communications 103		

Course Description:

This introductory course covers the professional career options, history, basic philosophy, and principles of kinesiology. Other topics include current and emerging issues in foods and nutrition. This course is intended for Kinesiology majors or anyone exploring opportunities in the fields of health, wellness, physical activity, nutrition, or sport.

Associate Degree Credit & transfer to CSU / UC

Attendance and citizenship will be considered when determining placement in college classes.

Recommended Skills:

See Miramar course catalog.

Syllabus link: Request syllabus from professor.