

# KINESIOLOGY, HEALTH & NUTRITION

The Kinesiology, Health and Nutrition Department offers courses for students planning to transfer or fulfill general education requirements. The program also offers certificates in Massage Therapy, Personal Fitness Training, and Yoga Teacher Training to prepare students for employment in the health and wellness industry.

For more information, go to  
[www.miracosta.edu/kine](http://www.miracosta.edu/kine)  
[www.miracosta.edu/heal](http://www.miracosta.edu/heal)



## MIRACOSTA COLLEGE

Kinesiology, Health & Nutrition Programs  
[www.miracosta.edu/kine](http://www.miracosta.edu/kine)  
[www.miracosta.edu/heal](http://www.miracosta.edu/heal)

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Registered Yoga School



Official Yoga Alliance Teacher Training School

Partnered with the  
National Academy of Sports Medicine

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Shaping Minds for Success.



## PERSONAL FITNESS TRAINER PROGRAM

The Personal Fitness Trainer Certificate is designed for individuals interested in entering the field of fitness training and/or instruction. The program is designed to prepare students to be entry-level fitness instructors and personal trainers. Upon completion of the certificate program, students may consider sitting for the National Academy of Sports Medicine (NASM), American College of Sports Medicine (ACSM), American Council on Exercise (ACE), National Strength & Conditioning Association (NSCA), and National Council Strength & Fitness (NCSF) national certification exams.

### Certificate of Achievement

Required Courses	Units
BUS 130 Small Business Management	3
BIO 190 Survey of Human Musculoskeletal System	1
KINE 190 Introduction to Kinesiology	3
KINE 203 Techniques in Athletic Training	2
KINE 204 Techniques and Analysis of Fitness and Weight Training	3
KINE 210 Exercise Prescription for Special Populations	2
KINE 292 Internship Studies*	.5-3
NUTR 105 Human Performance and Sports Nutrition	3
<b>Select a minimum of two units from the courses below:</b>	<b>2</b>
KINE 100 Functional Resistance Training	
KINE 110 Walking for Fitness	
KINE 111 Cardio Conditioning	
KINE 142 Body Conditioning/Wellness Lab	
KINE 151 Stretch for Flexibility and Relaxation	
KINE 152 Yoga	
KINE 161 Beginning Martial Arts)	
KINE 162 Intermediate Martial Arts	
KINE 163 Advanced Martial Arts	
<b>Total Units</b>	<b>19.5-22</b>

\*For KINE 292, a minimum of .5 unit or a maximum of 3 units may be applied to this certificate.

## MASSAGE THERAPIST PROGRAM

The Massage Therapist (500 Hours) associate degree and certificate of achievement satisfy state requirements to be certified as a Massage Therapist. Based upon the medical model, the program requires comprehensive knowledge of medical terminology, anatomy, pathology, and physiology. Graduates of the program will be prepared for employment in physician offices, spas, and the salon industry.

### Certificate of Achievement

Massages Practitioner (250 Hours)	Units
<b>Required Courses</b>	
HEAL 110 Therapeutic Massage I	3
HEAL 210 Therapeutic Massage II	3
HEAL 215 Massage Clinical Practicum	2
BIO 100 General Biology (Lecture and Lab)	3-4
or BIO 101 General Biology	
BIO 190 Survey of Human Musculoskeletal System	1
<b>Total Units</b>	<b>12-13</b>

### Certificate of Achievement

Massages Therapist (500 Hours)	Units
<b>Required Courses</b>	
HEAL 110 Therapeutic Massage I	3
HEAL 210 Therapeutic Massage II	3
HEAL 215 Massage Clinical Practicum	2
BIO 190 Survey of Human Musculoskeletal System	1
HEAL 218 Chair Massage	1
HEAL 220 Sports Massage	2
HEAL 222 Stress Management	2
HEAL 101 Principles of Health	3
BIO 100 General Biology (Lecture and Lab)	3-4
or BIO 101 General Biology	
BIO 210 Human Anatomy	4
<b>Total Units</b>	<b>24-25</b>

## YOGA INSTRUCTOR PROGRAM

This comprehensive program prepares students and qualifies graduates to become Registered Yoga Teachers with Yoga Alliance on the 200-hour basis. This comprehensive and wisdom-based program uses anatomy and physiology as well as English and Sanskrit terminology to provide students with both a broad background and practical experience in the essential elements of yoga. Completion of the program prepares students for employment in health clubs, spas, yoga studios, hospitals, and the health industry as well as for self-employment as yoga instructors.

### Certificate of Achievement

Required Courses	Units
KINE 145 Yoga Teacher Training Foundation	3
KINE 147 Yoga Teacher Training Development	3
KINE 149 Yoga Teacher Training Integration	3
KINE 152 Yoga	.5-1
BIO 190 Survey of Human Musculoskeletal System	1
BUS 130 Small Business Management	3
<b>Total Units</b>	<b>13.5-14</b>

## PREPARE FOR A GREAT CAREER!

MiraCosta College Graduates of these certificates will be prepared for employment in:

- Physician Offices
- Spas
- Wellness Centers
- Schools
- Health Clubs
- Yoga Studios
- Hospitals
- And More!

For more information about each certificate, please contact the Counseling Department at 760.795.6670 or consult the MiraCosta College Catalog at [catalog.miracosta.edu](http://catalog.miracosta.edu).