

# Kinesiology/Sports Medicine



**School:** SoCal ROC  
**Course ID:** 459  
**Availability:** Call 310-224-4200

## Short Description

A body in motion tends to stay in motion and enhances health, fitness, and well-being. Are you interested in learning how the study of human movement can help you obtain optimal health, physical skill, and total fitness? Then enroll in Kinesiology/Sports Medicine.

## Description

It will open the door to explore career choices applying kinesiology to exercise, therapy, and rehabilitation. For example, this course can lead to an athletic training program and a successful career in the prevention and management of athletic injuries or to a career as a chiropractor, physical therapist, physical fitness trainer, or high school or college coach.

## Prerequisites

Course is open to high school and adult students. For high school students, the prerequisite for this program is successful completion of Algebra I.

## On the Job Training

No

## UC Credit

UC/CSU Approved "g" elective

## Course Locations

**SoCal ROC**

**Address:** 2300 Crenshaw Blvd., Torrance, CA 90501 U.S.

**Phone:** 310-224-4200