

# KINESIOLOGY, HEALTH & NUTRITION

The Kinesiology, Health & Nutrition Department offers courses for transfer or to fulfill general education requirements. The department also offers a variety of certificates to prepare students for employment in the health and wellness industry.

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



## MIRACOSTA COLLEGE

Kinesiology, Health & Nutrition Programs

[miracosta.edu/kine](http://miracosta.edu/kine)  
[miracosta.edu/heal](http://miracosta.edu/heal)  
[miracosta.edu/nutrition](http://miracosta.edu/nutrition)  
[miracosta.edu/yoga](http://miracosta.edu/yoga)

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This brochure was funded by the Carl D. Perkins Career and Technical Education Improvement Act of 2006 (18-C01-032) awarded to MiraCosta College and administered by the California Community College Chancellor's Office. The district, and each individual who represents the district, shall provide access to its services, classes, and programs without regard to age, ancestry, color, physical or mental disability, pregnancy, gender, gender identity, gender expression, marital status, medical condition, genetic information, national origin, parental status, race or ethnicity, religion, sexual orientation, military or veteran status, or because he or she is perceived to have one or more of the foregoing characteristics, or based on association with a person or group with one or more of these actual or perceived characteristics.





## KINESIOLOGY, HEALTH & NUTRITION

Kinesiology, Health, & Nutrition (KHAN) programs give students both theoretical and hands-on experiences in a wide variety of kinesiology, health, and nutrition areas. Courses in the various programs can assist students in developing an understanding of the concepts related to healthy living strategies and provide a foundation for entry into a high-demand career.

Many courses also prepare students for industry-valued professional certificates. Students get the opportunity to complete internships or work experience as part of their studies.



"Yoga on the Green is a free yoga event led by MiraCosta students to encourage mindfulness and relaxation. Anyone can drop by to participate and no experience or equipment is needed."

—Casey, yoga instructor

## DEGREES & CERTIFICATES

**Certificates of Proficiency** are designed to be the first step in a career ladder through the introduction to one aspect of a trade or occupation.

- Fitness Nutrition Specialist
- Yoga Instructor (200 hours)

**Certificates of Achievement** quickly prepare students for immediate employment in specific kinesiology, health, and nutrition career areas.

- Personal Fitness Trainer
- Yoga Instructor (300 hours)

**Associate Degrees** in kinesiology, health, and nutrition are offered to provide students with the hands-on knowledge and skills to secure a career in the field. An associate degree requires completion of a Certificate of Achievement and general education courses specified in the MiraCosta College catalog.

- Liberal Arts with an area of emphasis in Applied Health, Nutrition, and Kinesiology
- Associate in science degree: Nutrition & Dietetics for Transfer
- Associate in science degree: Public Health Science for Transfer

For more information about associate degrees and certificates, please contact the Counseling Department at 760.795.6670.

### Professional Certifications

Certain kinesiology, health, and nutrition courses provide preparatory training for various professional industry certificates including:

- National Academy of Sports Medicine (NASM)
- American College of Sports Medicine (ACSM)
- American Council on Exercise (ACE)
- National Strength & Conditioning Association (NSCA)
- National Council of Strength & Fitness (NCSF)
- International Fitness Professionals Association (IFPA)
- Yoga Alliance

## INDUSTRY WAGES & JOBS AVAILABLE

Student wages Before and After taking classes in kinesiology, health, and nutrition courses:



### Top In-Demand Jobs in San Diego Region

Kinesiology, Health, and Nutrition	Hourly Wages
Physical Therapy Aide	\$10.31–\$19.85
Group Exercise Instructor	\$10.65–\$34.28
Health Educator*	\$15.16–\$42.05
Athletic Trainer*	\$16.26–\$32.66

\*Employers typically require a Bachelor's Degree for this occupation. Transfer to a university will be necessary.

### WHO IS HIRING?

Top employers in the north San Diego region hiring for kinesiology, health, and nutrition-related jobs include (partial list):

- Scripps Health
- 24 Hour Fitness
- Athletes Performance, Inc.
- Sutter Health
- Tri-City Medical Center
- University of California
- Plus One Health Management
- Active Sports Club
- Sharp Healthcare
- Exos
- Medifit Corporate Services
- Hilton Hotel Corporation

