

# KINESIOLOGY, FITNESS AND WELLNESS, SPORTS AND ATHLETIC PERFORMANCE

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Looking for a career that will enhance your community and help others live a longer and healthier life? Courses in this pathway investigate the physiological, psychological, and social factors of human movement, exercise, physical activity, and athletic performance. Careers related to this pathway include **sport program manager, fitness instructor, coach, athletic trainer, and more.**

## TYPES OF CLASSES & PROGRAMS

- Sports and Athletics
- Kinesiology
- Public Health
- Integrative Health
- Lifeguard Training
- Yoga Training
- Physical Education / Activity Classes

## PATHWAY SPECIFIC OPPORTUNITIES

- Athletic training laboratory
- Exercise science lab
- Athletic training club
  
- Athletics (<https://catalog.cccd.edu/orange-coast/pathways/kinesiology-fitness-wellness-sports-athletic-performance/athletics/>)
- Dance (<https://catalog.cccd.edu/orange-coast/pathways/kinesiology-fitness-wellness-sports-athletic-performance/dance/>)
- Kinesiology (<https://catalog.cccd.edu/orange-coast/pathways/kinesiology-fitness-wellness-sports-athletic-performance/kinesiology/>)
- Public Health (<https://catalog.cccd.edu/orange-coast/pathways/kinesiology-fitness-wellness-sports-athletic-performance/public-health/>)