

KINESIOLOGY, HEALTH & NUTRITION



MIRACOSTA COLLEGE

Kinesiology, Health & Nutrition
miracosta.edu/kine
miracosta.edu/health
miracosta.edu/nutrition
miracosta.edu/yoga

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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



miracosta.edu/health



miracosta.edu/nutrition



miracosta.edu/yoga





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 courses in Kinesiology, Health & Nutrition:



Top In-Demand Jobs in San Diego Region

Kinesiology, Health, and Nutrition	Hourly Wages
Fitness Trainers & Aerobics Instructors	\$12.84–\$39.72
Physical Therapist Aides	\$13.02–\$18.58
Health Educators*	\$14.18–\$50.36
Athletic Trainers*	\$19.46–\$42.45
Recreational Therapists	\$17.00–\$48.43

*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

