

KINESIOLOGY (KIN)

KIN 100

3.0 UNITS

Introduction to Kinesiology

Class Hours: 3.0 Lecture

Total Contact Hours: 54 Lecture

This introductory course is designed to provide students an overview of the study of Kinesiology. Students will study fundamental/introductory concepts associated in each area of Kinesiology, exploring those concepts within research and applied contexts, and complete activities to build knowledge of the various dimensions. Theories will be studied from both sport and exercise perspectives. The application of Kinesiology content will also be discussed as it relates to professional development.

Transfer Credit: CSU; UC

C-ID: KIN 100

KIN 102

3.0 UNITS

Introduction to Athletic Training

Class Hours: 3.0 Lecture

Total Contact Hours: 54 Lecture

This course provides instruction in the prevention, assessment, management, and reconditioning of athletic injuries. Taping and bandaging, protective padding, and modalities used for treatment will be presented.

Transfer Credit: CSU; UC

KIN 104

3.0 UNITS

Fitness and Wellness

Class Hours: 2.0 Lecture / 3.0 Laboratory

Total Contact Hours: 36 Lecture / 54 Laboratory

This course is designed to cover topics related to health and wellness including principles of fitness, nutrition, coronary heart disease, and stress management. An exercise lab will include pre- and post- assessment of each student's fitness components such as cardiovascular fitness, muscular strength and endurance, flexibility and body composition. Individualized exercise prescription is provided for each student to improve his/her fitness components. Progress is monitored throughout the semester.

Transfer Credit: CSU; UC

KIN 106

2.0 UNITS

Student Athletes in Society

Class Hours: 2.0 Lecture

Total Contact Hours: 36 Lecture

This course provides students with an analysis and interpretation of issues affecting student athletes in past and present societies. Physiological, sociological and psychological aspects of student athletes as related to sport and education will be covered. Students will plan for future career opportunities.

Transfer Credit: CSU

KIN 108

3.0 UNITS

Women in Sports

Class Hours: 3.0 Lecture

Total Contact Hours: 54 Lecture

This course provides students with a chronological history, analysis and interpretation of people, events and issues affecting women in sports, in past and present societies. Physiological, sociological and psychological aspects of female athletes as related to sport, history and education will be covered. Students will gain an understanding of the significant events of women in athletics from the past to the present and how their significance will determine the future of women in sports. (This course is not open to students currently enrolled or who have completed WS 108 or WGS 108.)

Transfer Credit: CSU; UC

KIN 110

3.0 UNITS

Community First Aid and CPR

Class Hours: 3.0 Lecture

Total Contact Hours: 54 Lecture

This course introduces the skills required to provide basic life support in an emergency illness or injury. The course includes adult, infant, and child Cardiopulmonary Resuscitation (CPR) and first aid. Upon successful completion of all tests, student will be issued an American Red Cross card for Community First Aid and CPR. (This course is not open to students who are currently enrolled in or have received credit for HED 110.)

Transfer Credit: CSU; UC

C-ID: KIN 101

KIN 120

1.0 UNITS

Sports Officiating for Football

Class Hours: 1.0 Lecture

Total Contact Hours: 18 Lecture

Theory and practice are combined in a study of the organization and techniques of officiating football.

Transfer Credit: CSU; UC

KIN 121

1.0 UNITS

Sports Officiating for Men's and Women's Basketball

Class Hours: 1.0 Lecture

Total Contact Hours: 18 Lecture

This course is designed to give the student a detailed study of the techniques of officiating men's and women's basketball.

Transfer Credit: CSU; UC

KIN 122

1.0 UNITS

Sports Officiating for Baseball

Class Hours: 1.0 Lecture

Total Contact Hours: 18 Lecture

This course is an in-depth study of the mechanics and rules of officiating baseball.

Transfer Credit: CSU; UC

KIN 123

1.0 UNITS

Sports Officiating for Men's and Women's Track and Field

Class Hours: 1.0 Lecture

Total Contact Hours: 18 Lecture

This course is an in-depth study of the organization and techniques of officiating track and field and cross country.

Transfer Credit: CSU; UC

KIN 130 Theory of Coaching Class Hours: 3.0 Lecture Total Contact Hours: 54 Lecture	3.0 UNITS	KIN 200 Sports Psychology Class Hours: 3.0 Lecture Total Contact Hours: 54 Lecture	3.0 UNITS
<p>This course is designed to provide future coaches with a foundation upon which they may begin a coaching career. The students will be introduced to coaching components that will enhance development of leadership and organizational skills necessary for creating an effective and successful coaching environment.</p> Transfer Credit: CSU; UC	2.0 UNITS	<p>This course is designed to provide students with the knowledge and experience related to the psychological aspects of sport and physical activity. This course will also assist students in understanding the forces involved in participation and performance in athletics through exploring cultural, emotional, and social factors that affect the concept of sport. The course informs the coach and athlete how to improve sport performance through psychological means.</p> Transfer Credit: CSU	3.0 UNITS
KIN 131 Theory of Coaching Baseball Class Hours: 2.0 Lecture Total Contact Hours: 36 Lecture	2.0 UNITS	KIN 201 Nutrition for Health, Fitness and Wellness Class Hours: 3.0 Lecture Total Contact Hours: 54 Lecture	3.0 UNITS
<p>This course includes the study of the various aspects of coaching baseball. Topics include organizing the program, developing skills, offensive and defensive play strategies and conditioning techniques. This course will assist coaches for youth league, high school and college teams.</p> Transfer Credit: CSU; UC	2.0 UNITS	<p>This course is an introduction to the basic nutritional principles important for a healthy lifestyle. Material will cover the scientific concepts of nutrition related to the function of nutrients in basic life processes, current health issues, and disease prevention with emphasis on individual needs. The role of food in enhancing body composition, energy production, and physical activity will be evaluated. Current research and practical activities will be presented. This course is not open to students enrolled or received credit for HED 200.</p> Transfer Credit: CSU; UC C-ID: NUTR110	3.0 UNITS
KIN 132 Theory of Coaching Softball Class Hours: 2.0 Lecture Total Contact Hours: 36 Lecture	2.0 UNITS	KIN 202 Measurement and Interpretation of Fitness Class Hours: 2.5 Lecture / 2.0 Laboratory Total Contact Hours: 45 Lecture / 36 Laboratory	3.0 UNITS
<p>This course includes the study of the various aspects of coaching softball. Topics include organizing the program, developing skills, offensive and defensive play strategies and conditioning techniques. This course will assist coaches for youth league, high school and college level teams.</p> Transfer Credit: CSU; UC	2.0 UNITS	<p>This course covers the theory and practical application of current testing procedures and instrumentation used in exercise testing. Students learn to perform and interpret the basic measurement protocols for cardiorespiratory endurance, muscular strength and endurance, flexibility, body composition and blood pressure. This course is not open to students who have received credit in PE 254.</p> Transfer Credit: CSU	3.0 UNITS
KIN 133 Theory of Track and Field Class Hours: 2.0 Lecture Total Contact Hours: 36 Lecture	2.0 UNITS	KIN 203 Programs and Principles of Conditioning Class Hours: 3.0 Lecture Total Contact Hours: 54 Lecture	3.0 UNITS
<p>This course is designed to introduce the basic fundamentals of coaching the events in track and field.</p> Transfer Credit: CSU; UC	2.0 UNITS	<p>This course will provide the student with basic knowledge and principles related to exercise prescription. Students will develop the skills necessary to design and implement training programs as they relate to the components of fitness. Safeguards and effectiveness for all levels of fitness will be addressed.</p> Transfer Credit: CSU; UC	3.0 UNITS
KIN 134 Theory of Football Class Hours: 2.0 Lecture Total Contact Hours: 36 Lecture	2.0 UNITS	KIN 205 Anatomical Movement Analysis Class Hours: 3.0 Lecture Total Contact Hours: 54 Lecture	3.0 UNITS
<p>This course gives students an understanding of how to coach and teach the skills, principles, and philosophy of offensive and defensive football.</p> Transfer Credit: CSU; UC		<p>An introduction to the musculo-skeletal system and its function in human movement. Analysis of movements in fitness and sport skills and the muscles and bones involved will be explored.</p> Transfer Credit: CSU; UC	

KIN 206A Lower Extremity Injury Assessment and Reconditioning Class Hours: 1.0 Lecture / 3.0 Laboratory Total Contact Hours: 18 Lecture / 54 Laboratory	2.0 UNITS	KIN 271A Work Experience Athletic Training One unit of Work Experience in Fitness Specialist requires 54 hours of work per semester. Work Experience/Career Internship provides the opportunity for students to apply skills and knowledge learned in the classroom to related experiences on the job/training site. The aim of the course is to assist students in expanding specific job skills. This creates greater communication with increased understanding between the students/ workers, the college, and the employers/ trainers. Students meet with their instructors for one hour per week until their project is approved. Students also pursue a program of self-evaluation to determine individual job weaknesses and strengths. Semester projects that relate to their major and job skills must be completed on the job/training site. Students will meet weekly with the instructor until their approved projects are completed. The total work experience units taken by a student may not exceed 14 units. Transfer Credit: CSU	1.0 UNITS
Recommendation: KIN 205-Anatomical Movement Analysis. This course allows the student to expand upon the knowledge of the mechanism, assessment and reconditioning of lower extremity athletic injuries. Emphasis is placed upon injury mechanism and assessment, the phases of healing, modalities used in the healing process, and the application of exercise and exercise equipment in the reconditioning of lower extremity athletic injuries. Transfer Credit: CSU; UC	2.0 UNITS	KIN 271B Work Experience in Fitness One unit of Work Experience in Fitness Specialist requires 54 hours of work per semester. Work Experience/Career Internship provides the opportunity for students to apply skills and knowledge learned in the classroom to related experiences on the job/training site. The aim of the course is to assist students in expanding specific job skills. This creates greater communication with increased understanding between the students/ workers, the college, and the employers/ trainers. Students meet with their instructors for one hour per week until their project is approved. Students also pursue a program of self-evaluation to determine individual job weaknesses and strengths. Semester projects that relate to their major and job skills must be completed on the job/training site. Students will meet weekly with the instructor until their approved projects are completed. The total work experience units taken by a student may not exceed 14 units. Transfer Credit: CSU	1.0 UNITS
KIN 206B Upper Extremity Injury Assessment and Reconditioning Class Hours: 1.0 Lecture / 3.0 Laboratory Total Contact Hours: 18 Lecture / 54 Laboratory	2.0 UNITS	KIN 298 Directed Studies Class Hours: 3.0 Lecture Total Contact Hours: 54 Lecture	1.0 UNITS
Recommendation: KIN 205-Anatomical Movement Analysis. This course allows the student to expand upon the knowledge of the mechanism, assessment and reconditioning of upper extremity athletic injuries. Emphasis is placed upon injury mechanism and assessment, the phases of healing, modalities used in the healing process, and the application of exercise and exercise equipment in the reconditioning of upper extremity athletic injuries. Transfer Credit: CSU; UC	1.0 UNITS	A course to provide opportunity for individual research and field projects under the direction of a faculty member in a given department. With the guidance of the faculty member, students prepare and carry out a written learning agreement describing the purposes and outcomes of the project. Students should expect to meet with the supervising faculty member one to two hours each week for conferences. Credit is based upon the number of hours in the semester expected to complete the project (1 unit for 54 hours). For selected disciplines, UC transfer credit may be possible after admission to a UC campus, pending review of appropriate course materials by UC staff. See a counselor for an explanation. Transfer Credit: CSU	1.0 UNITS
KIN 207 Athletic Injury Taping, Bandaging and Immobilization Class Hours: 0.5 Lecture / 1.5 Laboratory Total Contact Hours: 9 Lecture / 27 Laboratory	1.0 UNITS	KIN 211 Sport Management Class Hours: 3.0 Lecture Total Contact Hours: 54 Lecture	3.0 UNITS
This course allows the student to expand upon the knowledge and skill of management, bandaging and taping of athletic injuries. Emphasis is placed on immobilization of acute injuries, and the techniques used for preventative bandaging and taping of athletic injuries. Transfer Credit: CSU	3.0 UNITS	This course is designed to introduce the student to managerial and administrative components of the sports industry. Students learn the basic fundamental skills required to plan, organize, supervise and evaluate a sporting event. This course will also assist students with the understanding of the socio-cultural dimensions and history of sport, the principles of budgeting, marketing, strategic planning, legal aspects and ethics, and procedures of personnel, facility, and sports event management. Transfer Credit: CSU	3.0 UNITS

KIN 299

2.0 UNITS

Directed Studies

Class Hours: 6.0 Lecture

Total Contact Hours: 108 Lecture

A course to provide opportunity for individual research and field projects under the direction of a faculty member in a given department. With the guidance of the faculty member, students prepare and carry out a written learning agreement describing the purposes and outcomes of the project. Students should expect to meet with the supervising faculty member one to two hours each week for conferences. Credit is based upon the number of hours in the semester expected to complete the project (2 unit for 108 hours). For selected disciplines, UC transfer credit may be possible after admission to a UC campus, pending review of appropriate course materials by UC staff. See a counselor for an explanation.

Transfer Credit: CSU