

KINESIOLOGY

"Kinesiology, derived from the Greek words kinesis (movement) and kinein (to move), also known as human kinetics, is the science of human movement. It is a discipline that focuses on Physical Activity" (News-Medical.Net).

Kinesiology as an academic science emphasizes knowledge of the body through the study of movement and exercise physiology. Kinesiology also contributes to the intellectual, social, emotional, spiritual, and physical growth and development of each student. Other areas of study in Kinesiology include public health (HLTH 101 Introduction to Public Health), nutrition (HLTH 202 Nutrition for Fitness), healthy lifestyles, stress management, as well as psychological aspects of physical activity, and injury care and prevention (KIN 141 Athletic Training I, KIN 142 Athletic Training II and ALDH 141 Athletic Training I, ALDH 142 Athletic Training II and certificates for Athletic Training (p. 2)). Additional specialties within the discipline of Kinesiology which are more fully addressed in the curriculum at Victor Valley College are Dance and Adapted Physical Education. A variety of activities are offered, encouraging students to develop lifelong fitness activities and patterns for recreation.

With the exception of the Adapted Physical Education courses, all Kinesiology and Physical Education activity classes are intended for normal, healthy, individuals. It is highly recommended that anyone 35 years or older have a physical checkup before enrolling. Kinesiology is required for the Associate of Arts and Associate of Science degrees and all Kinesiology, Kinesiology Dance, Health and Adapted Physical Education courses fulfill this requirement.

UC maximum credit allowed for KIN courses combined: 4 units.

See our Kinesiology Associate of Arts for Transfer (p. 1) degree.

As a part of the Kinesiology Department, you may also be interested in Health which offers Nutrition and Dietetics, AS-T (<https://catalog.vvc.edu/degrees-certificates/health/#NADT-AS>) degree, and the Public Health Science, AS-T (<https://catalog.vvc.edu/degrees-certificates/health/#PHS-AST>) degree or Dance which offers a Fundamental Dance Teacher Certificate (<https://catalog.vvc.edu/degrees-certificates/kinesiology-dance/#FUNDANTEA-CERT>) and Dance, AA degree (<https://catalog.vvc.edu/degrees-certificates/kinesiology-dance/#DANCE-AA>).

Career Opportunities

Adapted Physical Activity Instructor, Aquatics Director, Athletic Administration in School or College, Athletic Trainer, Biomechanist, Cardiac Rehabilitation Specialist, Coaching at School or College, Dance Choreographer, Dance Instructor, Director of Youth Camps/Sports Programs, Epidemiologist – Physical Activity, Exercise Physiologist, Fitness Instructor or Program Director at Commercial, Fitness Center - Program Director of Corporate Fitness Center -Sports Director at Resort, Massage Therapist, Medical Doctor, Occupational Therapist, Personal Trainer, Physical Education Teacher at School or College, Physical Therapist, Physician's Assistant, Professor of Kinesiology, Physical Education, Recreational Therapist, Registered Nurse, Respiration Therapist, Sport Management, Sport Psychologist for Performance Enhancement, Sports Information Director, Sports Journalist, Sports Marketing, Sports Officiating, Strength and Conditioning Coach

Faculty

Blanchard, Debra

White, Christa

Transfer

- California State University, San Bernardino: Kinesiology major with concentrations in Exercise Science, Pedagogy, and Pre-Physical Therapy.

Specialties in Exercise Physiology, Exercise Science, Fitness Training, and Sports Medicine are usually under the departments of Physical Education or Kinesiology at the four-year colleges. A major in Kinesiology may also lead to graduate programs in Physical Therapy at other institutions. See the Athletic Training / Exercise Science listing under the Medical and Health Professions page for further information on these specific fields.

For the most up-to-date information on these programs and others, visit [assist.org](http://www.assist.org) (<http://www.assist.org/>). Please stop by the Transfer Center in Building 23 or make an appointment with a counselor if you have questions.

Kinesiology, AA-T

State Control Number: 35831

Program Code: KINT.AA or KINT.IGETC.AA

Approved for Federal Financial Aid: Yes

Kinesiology is an academic area of study concerned with the art and science of human movement. Students will learn and understand how to display increasing confidence and preparation in a wide range of areas including, but not limited to; sports medicine, exercise physiology, philosophy, sociology and psychology of sport, personal training, biomechanics, motor development, and coaching. The Associate in Arts in Kinesiology for transfer degree will prepare students to pursue further study and achievement of a baccalaureate degree at a CSU in the discipline of Kinesiology. This degree may not be the best option for students intending to transfer to a particular CSU campus or to a university or college that is not part of the CSU system. Students should consult with a counselor when planning to complete the degree for more information on university admission and transfer requirements.

To earn this degree complete the major coursework listed here with "C" grades or better and the following graduation requirements: 60 CSU transferable units; either the CSU General Education (<https://catalog.vvc.edu/degrees-certificates/csuge-breadth/#csuge>) or IGETC (<https://catalog.vvc.edu/degrees-certificates/igetc/#igetc>) (for CSU or UC) pattern; and a 2.0 minimum overall CSU GPA. Courses used in the major may also be counted in the general education areas. Courses used for this major may also be used to earn other degrees at VVC.

Code	Title	Units
Required Courses		
KIN 101	Introduction to Exercise Science and Kinesiology	3.0
BIOL 211 & BIOL 231	Human Anatomy and Human Physiology	10.0
Movement-Based Courses		
Complete three courses from the following. Each course must be from a different area: 3.0-4.0		
<i>Area 1: Aquatics</i>		
KIN 186A		

Code	Title	Units
KIN 186B		
<i>Area 2: Combatives</i>		
KIN 168	Introduction to Self Defense	
<i>Area 3: Dance</i>		
KIND 152	Dance Choreography I	
KIND 160A	Tap Dance IA	
KIND 160B	Tap Dance IB	
KIND 160C	Tap Dance IC	
KIND 161A	Tap Dance IIA	
KIND 161B	Tap Dance IIB	
KIND 161C	Tap Dance IIC	
KIND 162A	Introduction to Ballroom Dance	
KIND 162B	American Rhythm Ballroom Dance	
KIND 163A	Latin Ballroom Dance	
KIND 163B	Standard Ballroom Dance	
KIND 166A	Introduction to Ballet Dance IA	
KIND 166B	Building Ballet Basics IB	
KIND 166C	Ballet Fundamentals IC	
KIND 167A	Introduction to Intermediate Ballet IIA	
KIND 167B	Intermediate Ballet IIB	
KIND 167C	Intermediate Ballet IIC	
KIND 169A	Introduction to Yogalates	
KIND 169B	Basic Yogalates	
KIND 169C	Yogalates Core Stability and Stretch	
KIND 169D	Yogalates Core Stability and Stretch II	
KIND 170A	Jazz Dance IA	
KIND 170B	Jazz Dance IB	
KIND 170C	Jazz Dance IC	
KIND 171A	Jazz Dance IIA	
KIND 171B	Jazz Dance IIB	
KIND 171C	Jazz Dance IIC	
KIND 174A	Introduction to Modern Dance	
KIND 174B	Basic Modern Dance I	
KIND 174C	Beginning Modern Dance I	
KIND 174D	Intermediate Modern Dance I	
KIND 176A	Introduction to Dance Rehearsal and Performance I	
KIND 176B	Performance Dance Ensemble	
KIND 176C		
KIND 176D	Dance Performance	
KIND 190	Dances Around the World	
<i>Area 4: Fitness</i>		
KIN 150	Lifetime Fitness Concepts	
KIN 160	Physical Fitness	
KIN 161	Body Building and Conditioning	
KIN 162	Weight Training I	
KIN 163	Weight Lifting II	
KIN 164	Aerobic Weight Training	
KIN 170	Conditioning for Intercollegiate Athletics	
<i>Area 5: Individual Sports</i>		
KIN 180A	Tennis	

Code	Title	Units
KIN 181	Golf	
<i>Area 6: Team Sports</i>		
KIN 130A	Pickleball I	
KIN 165	Introduction to Basketball	
KIN 166	Beginning Volleyball	
KIN 166B	Beginning/Intermediate Volleyball	
KIN 166C	Intermediate/ Advanced Volleyball	
KIN 180B	Tennis Doubles	
KIN 185	Football Techniques and Conditioning	
KIN 185B	Offensive Football Techniques And Conditioning	
KIN 185C	Defensive Football Techniques And Conditioning	
List A		
Complete two courses from the following:		6.0-9.0
MATH 120	Introduction to Statistics	
	or PSYC 215 Introduction to Statistics in Social and Behavioral Sciences	
CHEM 201	General Chemistry	
PHYS 150	College Physics I	
	or PHYS 201 Engineering Physics I-Mechanics	
KIN 102	First Aid, AED and CPR	
PSYC 101	Introductory Psychology	
	or SOC 101 Introduction to Sociology	
HLTH 102	Contemporary Problems in Personal and Community Health	
	or HLTH 102 Honors Contemporary Problems in Personal And Community Health	
Total Units		22-26

Athletic Trainer Aide I Certificate of Achievement

State Control Number: 39450

Program Code: ATHLTRNI.CERT

Approved for Federal Financial Aid: No

The Athletic Trainer Aide I Certificate prepares students for entry-level employment assisting an Athletic Trainer or as a Physical Therapy Aide in a college/high school, private practice, or clinical settings. This certificate also provides courses to prepare students for continued study in the field of athletic training with the goal of attaining a career in multiple fields such as an Athletic Trainer, Athletic Rehabilitation, or Physical Therapy. Consideration has been given to transfer requirements of Athletic Training Education Programs at local colleges and universities.

Code	Title	Units
Required courses		
HLTH 102	Contemporary Problems in Personal and Community Health	3.0
KIN 102	First Aid, AED and CPR	3.0
KIN 138	Work Experience Education Kiniesology	2.0-3.0
KIN/ALDH 141	Athletic Training I	3.0
Total Units		11-12

Athletic Trainer Aide II Certificate of Achievement

State Control Number: 040894

Program Code: ATHTRAINAIDEII.CERT

Approved for Federal Financial Aid: Yes

The Athletic Trainer Aide II Certificate of Achievement prepares students for entry-level employment assisting Athletic Trainers or as a Physical Therapy Aide in college or high school, private practice, or clinical settings. The courses included in the certificate also prepare students for continued study in the field of athletic training, physical therapy or rehabilitation.

Code	Title	Units
Required Courses		
ALDH 142 or KIN 142	Athletic Training II	3.0
BIOL 211 or BIOL 231	Human Anatomy Human Physiology	5.0
HLTH 101 or HLTH 102	Introduction to Public Health Contemporary Problems in Personal and Community Health	3.0
HLTH 202	Nutrition for Fitness	3.0
KIN 138	Work Experience Education Kiniesology	2.0-3.0
Total Units		16-17

Coaching Certificate of Achievement

State Control Number: 41554

Program Code: COACH.CERT

Approved for Federal Financial Aid: Yes

The Coaching Certificate is designed to prepare students for employment as a coach in the sport/athletic career field. The curriculum has been designed to equip the student with the background, both theoretical and practical, to pursue a job as a coach. Courses in the theory of coaching, nutrition, sports psychology, first aid, and athletic training will prepare the student for responsibilities in the field of coaching. The intent of this program is to prepare students, so they may pursue a job or career in coaching and after its completion, students will be prepared for immediate entry-level employment in the field of coaching.

Code	Title	Units
Required Courses		
HLTH 202	Nutrition for Fitness	3.0
KIN 102	First Aid, AED and CPR	3.0
KIN 104	Psychology of Physical Performance	3.0
KIN 108	Ethics, Inclusion and Equity in Coaching and Kinesiology	3.0
KIN 208	Theory of Coaching	3.0
Complete one Athletic Training course		3.0
KIN 141 or ALDH 141	Athletic Training I Athletic Training I	
KIN 142 or ALDH 142	Athletic Training II Athletic Training II	
Complete one Weight Room course		1.0
KIN 162	Weight Training I	

Code	Title	Units
KIN 163	Weight Lifting II	
KIN 164	Aerobic Weight Training	
Total Units		19

Fitness Specialist - Personal Trainer Certificate of Achievement

State Control Number: 43569

Program Code: KIN.FSPT.CA

Approved for Federal Financial Aid: Pending (<https://catalog.vvc.edu/student-resources/financing-education/#Pending-FedAid>)

The Fitness Specialist/Personal Trainer Certificate is designed to prepare students for employment as fitness instructors and a career in the rapidly expanding health and fitness industry. Students will gain academic knowledge and fitness skills through the required coursework, as well as develop the skills necessary to apply this knowledge in a vocational setting. The curriculum has been designed to equip the student with a scientific background, both theoretical and practical, to successfully customize fitness programs that include education and guidance on nutrition, weight control, exercise physiology, flexibility, core strength, cardiovascular exercise, and resistance training. Students will be prepared to pass national certification exams in health, fitness, strength, and conditioning, and the program will prepare students for transfer to a university to pursue a higher degree in various areas of study. It is primarily geared toward preparing students to successfully obtain certifications from NASM, NSCA (for personal training), or ACE (for group fitness instruction), and to develop a comprehensive knowledge of scientific evidence, tools, and protocols specific to the fitness industry.

Code	Title	Units
Required Courses		
HLTH 102	Contemporary Problems in Personal and Community Health	3.0
HLTH 202	Nutrition for Fitness	3.0
KIN 102	First Aid, AED and CPR	3.0
KIN 104	Psychology of Physical Performance	3.0
KIN 162	Weight Training I	1.0
KIN 163	Weight Lifting II	1.0
KIN 201	Introduction to Exercise Physiology and Kinesiology	3.0
KIN 210	Movement Anatomy	3.0
Select one of the following courses:		
KIN 142 or ALDH 142	Athletic Training II Athletic Training II	3.0
Highly recommended but not required:		
BIOL 107	Introduction to Human Biology	
EDUC 101	Introduction to Teaching	
ENTR 104	Starting a Business for Entrepreneurs	
Total Units		23

Kinesiology Courses

KIN 040A Introduction to Physical Fitness (0.0 Units)

An introductory exercise course designed to emphasize fitness by offering the student a variety of exercises and aerobic work. Open to both men and women.

Lab Hours: 54.0

Transfer: Not transferable

KIN 041A Advanced Physical Fitness (0.0 Units)

Advanced techniques of exercise through the use of a variety of controlled exercises. This class is open to both men and women. (Formerly ADPE 41A) Does not apply to the associates degree.

Lab Hours: 54.0

Transfer: Not transferable

KIN 080 Adult Tennis (0.0 Units)

Tennis for adults is fun, offers excellent exercise, and a way to make friends while playing tennis. Enhance your tennis skills and quality of life.

Lab Hours: 54.0

Transfer: Not transferable

KIN 101 Introduction to Exercise Science and Kinesiology (3.0 Units)

This course is an introduction to the interdisciplinary approach to the study of human movement. An overview of the importance of the sub-disciplines in kinesiology will be discussed along with career opportunities in the areas of teaching, coaching, allied health, and fitness professions. Grade Option. C-ID: KIN 100. CSU

Lecture Hours: 54.0

Transfer: Transfers to CSU only

KIN 102 First Aid, AED and CPR (3.0 Units)

This course involves the theory and detailed demonstration of the first aid care of the injured. The student will learn to assess a victim's condition and incorporate proper treatment. Upon successful completion of this course and testing, students receive an American Heart Association First Aid, CPR, AED Course Completion Card that is valid for two years. Grade Option. C-ID: KIN 101. CSU

Lecture Hours: 54.0

Transfer: Transfers to CSU only

KIN 103 History and Appreciation of Dance (3.0 Units)

The origin, growth, and development of dance (theatrical, social and ritualistic forms) will be researched. Dances originating in many areas of the world will be studied. The class will research who, when, where, and how each dance originated. Students will learn to trace dances from their origin to modern times. Grade Option. CSU,UC

Recommended Preparation: ENGL 101.0 or ENGL 101H

Lecture Hours: 54.0

Transfer: Transfers to both UC/CSU

KIN 104 Psychology of Physical Performance (3.0 Units)

An introduction to the discipline of sports psychology for students with no previous background in the field. Topics include: orientation to sports psychology, motivational techniques, individual differences and sports behavior, social-environmental influences and sports behavior, and intervention techniques and sports behavior. Grade Option. CSU/UC

Lecture Hours: 54.0

Transfer: Transfers to both UC/CSU

KIN 105 Developmental Movement of Children (3.0 Units)

This course provides a comprehensive overview of theories and methods relating to the development of a physical education program for children ages 0-11 years, including children with special needs and abilities.

Emphasis is on the application of principles of physical growth and development to the teaching and acquisition of specific physical skills.

The course curriculum is consistent with the California State Department of Education Physical Education Framework. CSU/UC

Lecture Hours: 54.0

Transfer: Transfers to both UC/CSU

KIN 108 Ethics, Inclusion and Equity in Coaching and Kinesiology (3.0 Units)

This course educates future coaches on the moral and ethical dilemmas typically encountered in competitive athletics. Students will also develop strategies to address various forms of exclusion and inequity in sports and athletics.

Lecture Hours: 54.0

Transfer: Transfers to CSU only

KIN 128 Special Topics (1-3 Units)

These courses are designed to permit investigation in depth of topics not covered by regular catalog offerings. Course content, hours, and unit credit to be determined by the instructor in relation to community/students interest and/or available staff. may be offered as a seminar, lecture, or laboratory class. Individual course descriptions approved by the Curriculum Committee are on file in Office of Instruction.

Lecture Hours: 54.0

Transfer: Transfers to both UC/CSU

KIN 0130 Pickleball (0.0 Units)

Development of beginning-level playing and competitive skills in the paddle sport of Pickleball. Instruction in the beginning, skills, techniques, and strategies, along with rules, etiquette, and safety for older adults.

Pickleball features simple rules and is easy to learn. Because beginners can enjoy the sport almost immediately, while advanced players

experience it as a fast-paced, highly competitive game, Pickleball is suitable for individuals of all ages, fitness levels, and athletic abilities.

Lab Hours: 27.0

Transfer: Not transferable

KIN 130A Pickleball I (0.5-1 Units)

Development of beginning-level playing and competitive skills in the paddle sport of Pickleball. Instruction in the beginning skills, techniques, strategies, along with rules and etiquette. Pickleball features simple rules and is easy to learn. Because beginners can enjoy the sport almost

immediately, while advanced players experience it as a fast-paced, highly competitive game, Pickleball is suitable for individuals of all ages, fitness levels and athletic abilities.

Lab Hours: 27.0

Transfer: Transfers to CSU only

KIN 138 Work Experience Education Kinesiology (1-8 Units)

Work Experience Education is a key element of Victor Valley College's comprehensive approach to career development. Work Experience Education is a 16-, 12-, or 8-week course that enables students to receive college credit for paid or unpaid work opportunities. This course helps students gain valuable on-the-job work experience while providing practical education, best practices in professional development, and academic guidance through the course of their work opportunity. The combination of practical experience and curricular development empowers students to be more competitive, efficient and valuable employees upon completion of this program and/or their academic program trajectory. The course is ideal for students who are cross-training at their current worksite for upward mobility or seeking career changes, as well as those looking for entry-level occupational training through work-based learning experiences such as through an internship. Work Experience Education transforms community businesses, industries, and public agencies into expanded educational training laboratories. Credit is awarded on the basis of learning objectives completed and the number of hours the student trains. Students must create/complete new learning objectives each semester they enroll. Students may utilize their present work sites. More details are available in the Work Experience Education Office, (760) 245-4271, ext. 2281. The office, located in the Academic Commons, is open Monday-Thursday, 8:00 a.m.-1:00 p.m., 2:00-6:00 p.m., and by appointment. Please refer to the Work Experience Education section in this catalog for more information. CSU

Transfer: Transfers to CSU only

KIN 141 Athletic Training I (3.0 Units)

Introduction to principles of athletic training, including prevention, evaluation, treatment and rehabilitation of common athletic injuries. Interest and/or experience in athletics and sports is recommended. Crosslisted with ALDH 141. CSU, UC

Lecture Hours: 36.0; Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

KIN 142 Athletic Training II (3.0 Units)

This course will build on the student's basic knowledge of human anatomy and athletic injuries. Topics will include emergency procedures, current health concerns of the athlete, protective devices, advanced taping techniques and injury management. Crosslisted with ALDH 142. CSU, UC

Prerequisite(s): ALDH 141 or KIN 141

Lecture Hours: 36.0; Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

KIN 150 Lifetime Fitness Concepts (2.0 Units)

Designed to help students understand the role of physical fitness in daily living. Students analyze and integrate individual fitness components into a personal fitness program level and participate in activities designed to improve overall fitness. Recommended Preparation: Individuals should be able to do a medium impact aerobic style workout or a stretching routine. Grade Option. CSU/UC

Lecture Hours: 18.0; Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

KIN 160 Physical Fitness (1.0 Units)

Physical Fitness is an exercise course designed to emphasize fitness by offering the student a variety of exercises to include hand weights, exercise ball, aerobics and step aerobics which can be used to maintain fitness throughout life. Grade Option. CSU/UC

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

KIN 161 Body Building and Conditioning (1.0 Units)

Evaluation of total body fitness and study of body mechanics in everyday activities. Establishing fitness goals and developing appropriate exercise fitness routines to build body proportions, strength, endurance, and flexibility. Grade Option. CSU/UC

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

KIN 162 Weight Training I (1.0 Units)

Introduction to the basic techniques of weight training. The principles of strength development, the role of proper nutrition, the anatomy and physiology of muscles, and safety will be covered in the class. Various weight lifting programs covering strength development, endurance, and body building will also be introduced. Grade Option. CSU/UC

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

KIN 163 Weight Lifting II (1.0 Units)

A weight lifting course for those students who have been consistently participating in a weight lifting program for 6-12 months for at least 3 hours per week. This course is designed to emphasize continued individual growth in the areas of body building, body sculpturing and strength at an intermediate level. Grade Option. CSU/UC

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

KIN 164 Aerobic Weight Training (1.0 Units)

Aerobic weight training combines strength and cardiovascular fitness training into a comprehensive weight training program that has as its major objective the development of all-around fitness. It offers measurable benefits to muscular strength, muscular endurance, body composition, flexibility, and cardiovascular/aerobic fitness. Grade Option. CSU/UC

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

KIN 165 Introduction to Basketball (1.0 Units)

An introduction to the basic skills, rules and strategies of basketball including: catching, passing, shooting, and dribbling. Grade option. CSU/UC

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

KIN 166 Beginning Volleyball (1.0 Units)

This course is designed to cover the basic rules, techniques and skills, game strategies, and highlights officiating points of volleyball. Grade Option. CSU

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

KIN 166B Beginning/Intermediate Volleyball (1.0 Units)

Reviews basic volleyball skills and begins work on more advanced skills and playing strategies. Grade Option. CSU/UC

Recommended Preparation: KIN 166

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

KIN 166C Intermediate/Advanced Volleyball (1.0 Units)

Introduction to advanced techniques of volleyball skills. Individual skill work, along with various team offensive systems and team defensive patterns, will be taught and analyzed. Grade Option. CSU/UC

Recommended Preparation: KIN 166

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

KIN 168 Introduction to Self Defense (0.5-1 Units)

Introduction to basic self-defense. Defensive strategies to protect oneself from attack. Grade Option. CSU/UC

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

KIN 170 Conditioning for Intercollegiate Athletics (1.0 Units)

Conditioning for Intercollegiate Athletics is designed for intercollegiate athletes. Students are provided with instruction in sport-specific training techniques with the goal of improving overall muscular strength, endurance, and power. Students learn to develop and maintain a strength and conditioning program using sport-specific drills and equipment.

Grade Option. CSU

Lab Hours: 54.0

Transfer: Transfers to CSU only

KIN 180A Tennis (1.0 Units)

The course offers logical sequence of learning experiences that include: basic tennis strokes; rules that govern play; understanding of game strategies; individual practice drills; and learning the equipment and safety involved. Includes forehand and backhand strokes, the serve, footwork, rules and etiquette. Grade Option. CSU/UC

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

KIN 180B Tennis Doubles (1.0 Units)

Students are instructed in the basic skills of doubles for the sport of tennis. Rules of play, strategies, and skill development for doubles are emphasized. Grade Option. CSU/UC

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

KIN 181 Golf (1.0 Units)

Covers the use and skill development of equipment including woods, irons and putters. Includes the reading of greens, distance and selection of clubs, etiquette and rules of golf. Grade option. (UC credit limitation). CSU,UC

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

KIN 184A Baseball (1.0 Units)

This course is designed to teach the student all areas of baseball. Both mental and physical skills will be taught and practiced. Fundamental instructions will be given in all the positions as well as strategies and organization of a team. CSU

Lab Hours: 54.0

Transfer: Transfers to CSU only

KIN 185 Football Techniques and Conditioning (2.0 Units)

Course will include drills and exercises to develop the skills, techniques, and conditioning essential for successful participation in intercollegiate football. Grade Option. CSU/UC

Lab Hours: 108.0

Transfer: Transfers to both UC/CSU

KIN 185B Offensive Football Techniques And Conditioning (1.0 Units)

Through football field activities, this course will provide students an opportunity to learn correct offensive football techniques, flexibility, injury prevention through proper warm-up and football skills. Grade Option. CSU/UC

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

KIN 185C Defensive Football Techniques And Conditioning (1.0 Units)

Through football field activities, this course will provide students an opportunity to learn correct defensive football techniques, flexibility, injury prevention through proper warm-up and football skills. Grade Option. CSU/UC

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

KIN 188A Introduction to Indoor Cycling (spin) (0.5-1 Units)

Use of an indoor cycling bike for improving overall physical fitness and health. Course focuses on endurance, strength, intervals, high intensity and recovery. Grade Option. CSU

Lab Hours: 54.0

Transfer: Transfers to CSU only

KIN 200 Social Issues in Sport and Kinesiology (3.0 Units)

An examination of sport as a significant aspect of modern culture and a major institution of modern society. Among the topics that will be discussed are gender, race, and ethnicity and their role in sport, sport as an economic enterprise, sport at the high school, collegiate, professional, and international levels, the effects that religion, social class, politics, deviance, and the media have on sport, and what future trends will have an influence on the world of sport. CSU

Lecture Hours: 54.0

Transfer: Transfers to CSU only

KIN 201 Introduction to Exercise Physiology and Kinesiology (3.0 Units)

The study of human physiological processes during exercise and activity. Includes study of metabolic changes to main body systems during acute exercise, the physiological adaptations due to chronic exercise and the effect of gaining upon performance. CSU/UC

Recommended Preparation: BIOL 211 and BIOL 231

Lecture Hours: 54.0

Transfer: Transfers to both UC/CSU

KIN 208 Theory of Coaching (3.0 Units)

This course provides instruction on the fundamental principles of coaching and teaching sports. This course emphasizes developing a coaching philosophy and athlete-centered approach, along with team management, sports-skill pedagogy, risk management, and regulations for school, club, and professional teams. A broad range of coaching skills are introduced in motivational strategies, coaching for character, and developmentally appropriate methods for athletes of various ages, skill levels, and abilities. CSU

Lecture Hours: 54.0

Transfer: Transfers to CSU only

KIN 210 Movement Anatomy (3.0 Units)

Muscular-skeletal system and its function during human movement. Study movement and the muscles involved during sport skill performance. CSU/UC

Prerequisite(s): BIOL 211 or BIOL 215, Minimum grade C

Lecture Hours: 54.0

Transfer: Transfers to both UC/CSU

Program Learning Outcomes

Program Learning Outcomes (PLOs) are statements of the kind of learning a program hopes a student will achieve. The PLOs describe the knowledge, skills, problem-solving, communication and values that apply to all certificates and/or degrees within that program.

Upon completion of this program, students should be able to:

1. Recognize fundamental concepts of physical activity, nutrition, and health, and apply critical thinking to solve problems from the student's personal perspective and a public perspective.
2. Critically evaluate forms of information related to Kinesiology and physical education, the student's personal health and public health, including nutrition.
3. Demonstrate social responsibility to improve quality of life for others and ensure equitable access for diverse groups by creating appropriate environments to initiate and maintain a physically active and a healthy lifestyle.
4. Qualify for careers as fitness instructors, exercise testing technicians, strength coaches, or personal fitness trainers.
5. Demonstrate the knowledge, skills & experience necessary to assess an individual's level of physical fitness and design appropriate exercise programming to improve physical fitness.