

KINESIOLOGY THEORY (KINT)

KINT 002 INTRODUCTION TO ATHLETIC TRAINING

3 unit

Transfer Credit: CSU; UC

The history of the athletic training profession, the role of the athletic trainer as part of the sports medicine team, nutrition, emergency management, risk management and injury assessment domains will be introduced. Lab: injury prevention principles and techniques for the application of protective taping/bracing, stretching, therapeutic exercise and testing, and environmental conditions/illnesses. Total 54 hours lecture and 18 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KINT 003 INTRODUCTION TO KINESIOLOGY

3 unit

Transfer Credit: CSU; UC

C-ID: KIN 100

Introduction to 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. Total of 54 hours lecture.

Grade Mode: Letter Grade, Pass/No-Pass

KINT 005 FIRST AID-RESPONDING TO EMERGENCIES

3 unit

Transfer Credit: CSU; UC

C-ID: KIN 101

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. Standard first aid, CPR, and AED certification(s) will be granted upon successful completion of requirements. Total of 54 hours lecture.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KINT 006 AQUATIC CERTIFICATION

4 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Recommended Preparation: KINA 003C or KINA 003D

Enrollment Limitation: *Swimming skills, equivalent to the ARC Advanced Swimmer level, ability to swim 500 yards continuously in a limited time, be able to retrieve an object off the bottom of pool with the water deeper than six (6) feet*

Swimming techniques and lifesaving rescue skills for competition and certification. Topics include: competitive swimming strokes, CPR Skills as a Professional Rescuer, Lifesaving Water Rescue Skills for a Lifeguard, First Aid Skills, Blood Borne Pathogens training, and preparation for the American Red Cross Certification. Students will complete an Exercise Plan and participate in a work place exercise with Professionals in the Aquatic Community. Total of 54 hours of lecture and 54 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KINT 014 WELLNESS FOR LIFE

3 unit

Transfer Credit: CSU

Emphasis on wellness through the lens of reduced obesity and body fat percentage, nutrition, personal responsibility, healthy lifestyle choices and positive behavioral change. Physical, emotional, psychological, spiritual, social, occupational and environmental influences. Total of 36 hours lecture and 54 hours laboratory.

Grade Mode: Audit, Letter Grade

KINT 020 INDEPENDENT STUDY

1 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Enrollment Limitation: *Permission of the Instructor and Dean*

Independent, faculty-guided student inquiry, project, research, laboratory experiment and/or field investigation in Kinesiology. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINT 027C EARLY CHILDHOOD PHYSICAL EDUCATION

2 unit

Transfer Credit: CSU

Creative movement, perceptual motor, and rhythmic experiences suitable for preschool children; ideas for activities, materials, themes, equipment; evaluating and individualizing activities, assessing and selecting equipment and creating a safe and active learning environment. Total of 36 hours lecture.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KINT 031A PROFESSIONAL ACTIVITIES-OFFICIATING FALL SPORTS

2 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Rules and techniques of games in season: basketball, football, minor sports. Fall semester. Total of 36 hours lecture and 18 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KINT 031B PROFESSIONAL ACTIVITIES-OFFICIATING SPRING SPORTS

2 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Rules and techniques of games in season: baseball, track, minor sports. Spring semester. Total of 36 hours lecture and 18 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KINT 046A PROFESSIONAL ACTIVITIES-BASEBALL I

2 unit

Transfer Credit: CSU; UC limitations. See counselor

Analysis of baseball fundamentals; theory and philosophy of offensive and defensive strategy. Principles of practice and score keeping. Total of 36 hours lecture and 18 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KINT 046B PROFESSIONAL ACTIVITIES-BASEBALL II

2 unit

Transfer Credit: CSU; UC limitations. See counselor.

Analysis of advanced theory and teaching of baseball offensive and defensive strategy. Principles of practice in baseball. Total of 36 hours lecture and 18 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KINT 048 PROFESSIONAL ACTIVITIES- FOUNDATIONS OF PHYSICAL FITNESS TRAINING

2 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Implementation of basic concepts of physical fitness. A wide variety of conditioning programs and techniques utilized in designing individual fitness programs. Total of 36 hours lecture and 18 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KINT 051 PROFESSIONAL ACTIVITIES-TRACK AND FIELD

2 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Apply basic rules and skills that govern track and field events. Understand the strategy in track and field events for developing a training program, as well as the components of track and field competition. Total of 36 hours lecture and 18 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KINT 052A PROFESSIONAL ACTIVITIES- BASKETBALL I

2 unit

Transfer Credit: CSU; UC limitations. See counselor

Analysis of the fundamental skills of men's and women's basketball. Offensive and defensive strategy. Principles of scoring. Total of 36 hours lecture and 18 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINT 052B PROFESSIONAL ACTIVITIES-BASKETBALL II

2 unit

Transfer Credit: CSU; UC limitations. See counselor.

Analysis of advanced skills of men's and women's basketball. Offensive and defensive strategy. Principles of scoring. Total of 36 hours lecture and 18 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KINT 053A PROFESSIONAL ACTIVITIES- FOOTBALL I

2 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Analysis of rules, basic football fundamentals, theory and philosophy of offensive, defensive and kicking game strategies. Total of 36 hours lecture and 18 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KINT 053B PROFESSIONAL ACTIVITIES - FOOTBALL II

2 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Analysis of intermediate football rule application, fundamental techniques and their implementation, theory and philosophy of offensive, defensive as well as kicking game strategy, Total of 36 hours lecture, and 18 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KINT 054A PROFESSIONAL ACTIVITIES - VOLLEYBALL I

2 unit

Transfer Credit: CSU

Analysis of volleyball fundamentals, theory and philosophy of offensive and defensive strategy. Total of 36 hours lecture and 18 hours laboratory.

Grade Mode: Audit, Letter Grade

KINT 054B PROFESSIONAL ACTIVITIES - VOLLEYBALL II

2 unit

Transfer Credit: CSU

Analysis of advanced volleyball fundamentals, theory and philosophy of offensive and defensive strategy. Total of 36 hours lecture and 18 hours laboratory.

Grade Mode: Audit, Letter Grade

KINT 055A PROFESSIONAL ACTIVITIES - SOCCER I

2 unit

Transfer Credit: CSU; UC limitations. See counselor.

Soccer fundamentals; theory and teaching of offensive and defensive strategy. Total of 36 hours lecture and 18 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KINT 055B PROFESSIONAL ACTIVITIES - SOCCER II

2 unit

Transfer Credit: CSU; UC limitations. See counselor.

Advanced analysis of soccer fundamentals; theory and teaching of offensive and defensive strategies. Principles of practice and game application. Total of 36 hours lecture and 18 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KINT 056A PROFESSIONAL ACTIVITIES - SOFTBALL I

2 unit

Transfer Credit: CSU; UC limitations. See counselor.

Analysis of softball fundamentals, theory, philosophy, and demonstration of play strategies. Total of 36 hours lecture and 18 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KINT 056B PROFESSIONAL ACTIVITIES-SOFTBALL II

2 unit

Transfer Credit: CSU; UC limitations. See counselor.

Analysis of intermediate/advanced softball, theory, philosophy, and teaching and demonstration of softball activities. Total of 36 hours lecture and 18 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KINT 061 THEORY OF COACHING

3 unit

Transfer Credit: CSU; UC limitations. See counselor.

Designed for coaches and aspiring coaches at various levels. Challenges coaches to define their coaching philosophy, objectives, and style; improve communication and motivational skills; become more effective teachers; and improve team, relationship, risk, and self-management skills. Total of 54 hours lecture.

Grade Mode: Audit, Letter Grade

KINT 097 THEORY AND DEVELOPMENT OF FITNESS AND WELLNESS

3 unit

Transfer Credit: CSU

Mastering core skills in health and wellness, fitness, kinesiology of physical activity, goal setting, decision making, leadership, time management, achievement skills, education, attitudes and habits, and cognitive style preferences. Total of 54 hours lecture and 18 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KINT 101 PHYSICAL FITNESS ASSESSMENTS**1 unit**

Development of exercise prescriptions and nutrition plans to maintain or improve physical fitness level. Application of Physical Fitness Assessments on body composition, flexibility, muscular strength, and endurance. Total of 18 hours lecture and 18 hours laboratory.

KINT 180 INTRODUCTION TO TEACHING YOGA**3 unit**

Teaching techniques of yoga. Emphasis on variations, adjustments and modifications of basic yoga poses for teaching different levels in various settings. Focus on developing skill for instructing yoga, including verbal cueing for anatomically supportive sequences, and stress management techniques for healthier lifestyles. Total of 54 hours lecture.

Grade Mode: *Letter Grade, Pass/No-Pass*

KINT 181 PHILOSOPHY OF YOGA**3 unit**

Introduction to the philosophy of yoga through history, development of the asanas, and traditional texts. Major lineages of yoga and related practices will be covered, with a focus on the integration of these ideas in contemporary teaching. Total of 54 hours lecture.

Grade Mode: *Letter Grade, Pass/No-Pass*

KINT 182 ANATOMICAL PRINCIPLES OF KINESIOLOGY AND FITNESS**3 unit**

Designed to introduce the student to the basic principles of kinesiology and functional anatomy as they relate to core principles of fitness. Study of anatomical structures of body movements and teaching techniques for those aspiring to explore career opportunities in Yoga and/or Fitness. Total of 54 hours lecture.

Grade Mode: *Letter Grade, Pass/No-Pass*