

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 007 MENTAL PERFORMANCE AND EXERCISE PSYCHOLOGY

3 unit

Transfer Credit: CSU; UC credit under review.

Effects of psychological factors on motor performance including the effects of participating in physical activity on psychological development, health, and well-being. Total of 54 hours lecture.

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

KINT 014 WELLNESS FOR LIFE

3 unit

Transfer Credit: CSU

Physical and mental health factors; individual, community and school health concepts; the effects of the use of tobacco, alcohol, narcotics and other drugs and dangerous substances; effects of sexually transmitted infections and the importance of health and nutrition. Recommended for majors in physical education, health education, and elementary education, and for students seeking a teaching credential but open to all qualified students. Total of 36 hours lecture and 54 hours laboratory.

Grade Mode: *Audit, Letter Grade*

KINT 020 INDEPENDENT STUDY

1 unit

Transfer Credit: CSU

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 credit 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 credit 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 053C PROFESSIONAL ACTIVITIES – FOOTBALL III****2 unit***Transfer Credit: CSU; UC credit limitations. See counselor.*

Analysis of advanced 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: *Letter Grade, Pass/No-Pass***KINT 054A PROFESSIONAL ACTIVITIES – VOLLEYBALL I****2 unit***Transfer Credit: CSU; UC credit limitations. See counselor.*

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; UC credit limitations; see counselor.*

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 credit 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 credit 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 credit 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 credit 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.

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