

KINESIOLOGY (KIN)

KIN 098 1-4 Units

Kinesiology Work Experience

WRKEX: 300 contact hours

Supervised training, in the form of on the job employment that will enhance the student's knowledge in the selected field of study. The student's major and job must match. For paid work, 75 hours = 1 unit; for volunteer work, 60 hours = 1 unit. Students may earn a total of 16 units toward graduation in Work Experience 098 courses. See department for specific guidelines.

Associate Degree Applicable

KIN 200 3 Units

Introduction to Physical Education and Kinesiology

Lecture: 54 contact hours

Advisory: ENGL 101 or ENGL 101H or eligibility as determined by the SBVC assessment process.

This introductory course provides an 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.

Associate Degree Applicable

Transfers to both UC/CSU

C-ID: KIN 100

KIN 201 3 Units

Mental Skills for Sport Performance

Lecture: 54 contact hours

This course develops an understanding of the mental aspects of sport performance and the mental skills that can be used to enhance sport performance.

Associate Degree Applicable

Transfers to both UC/CSU

KIN 202 3 Units

History of Physical Education and Sport In the United States

Lecture: 54 contact hours

Advisory: ENGL 015 or eligibility for ENGL 101 or ENGL 101H as determined by the SBVC assessment process.

This course is designed to explore the evolution of sport and physical activity. Topics include historical and philosophical influences from ancient societies through the present.

Associate Degree Applicable

Transfers to both UC/CSU

KIN 203 3 Units

Theory of Coaching

Lecture: 54 contact hours

Advisory: ENGL 015 or eligibility for ENGL 101 or ENGL 101H as determined by the SBVC assessment process.

This course explores the issues and problems facing the coach today. Topics include the philosophies, theories and principles of developing and maintaining an athletic program. This course is designed for coaches at various levels from youth to high school varsity.

Associate Degree Applicable

Transfers to both UC/CSU

KIN 210 2 Units

Sports Officiating

Lecture: 36 contact hours

This course is designed to provide instruction on the rules, techniques, and mechanics of officiating the sports of soccer, football, basketball, and baseball.

Associate Degree Applicable

Transfers to both UC/CSU

KIN 222 1-3 Units

Independent Study in Kinesiology

DIR: 54 contact hours

Students with previous course work in Kinesiology/Physical Education may do assigned projects involving research and analysis of selected topics. This independent study is for students who are interested in furthering their knowledge of Kinesiology/Physical Education. Prior to registration, a written contract must be prepared jointly by the instructor and the student. See instructor for details.

Associate Degree Applicable

Transfers to CSU, Limited to UC, Credit Determined After Transfer

KIN 231 3 Units

First Aid and CPR

Lecture: 54 contact hours

This course provides instruction on emergency care and treatment of illnesses and injuries including training in cardiopulmonary resuscitation (CPR) and automated external defibrillation (AED). Students who successfully pass all CPR/AED and First Aid requirements will receive a CPR/AED and First Aid card.

Associate Degree Applicable

Transfers to both UC/CSU

C-ID: KIN 101

KIN 232 3 Units

Prevention and Care of Athletic Injuries

Lecture: 36 contact hours

Lab: 54 contact hours

Advisory: KIN 231

This is an introductory course in the recognition, assessment, management, care, and prevention of injuries occurring during physical activities. Basic taping techniques, as well as the proper selection and use of treatment modalities, are included.

Associate Degree Applicable

Transfers to both UC/CSU

KIN 236 3 Units

Stress Management and Wellness

Lecture: 54 contact hours

This course covers stress with emphasis on the physiological, psychological, and sociological issues throughout the lifespan. Topics include: recognition and analysis of symptoms of stress, scientific studies, assessment tools, fitness programs, meditation, yoga, nutrition, weight control, and healthy habits that enhance health and well-being.

Associate Degree Applicable

Transfers to CSU only