

KINESIOLOGY (KIN) COURSES

KIN 080 2 Units

Techniques of Weight Training

Lecture: 36 contact hours

This course is an introduction to teaching techniques in weight training. Topics include anatomy, physiology, training sequences, equipment options, safety factors, and contraindications.

Associate Degree Applicable

KIN 081 2 Units

Exercise and Fitness Assessment

Lecture: 36 contact hours

This course prepares students to assess and evaluate exercise and fitness parameters. Topics include the measurement and evaluation of cardiorespiratory endurance, muscular strength and endurance, flexibility, body fat, pulmonary function, and blood pressure. Emphasis is placed on determining the appropriate test, conducting the test, interpreting the results, and creating an exercise program.

Associate Degree Applicable

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 101 3 Units

Sports Psychology

Lecture: 54 contact hours

Advisory: ENGL 101 or ENGL 101H

This course is a study of the psychological effects on the motor performance of athletes across all levels of competition. This course includes such areas as goal setting, motivation, anxiety and stress, relaxation, sport imagery, relationships, eating disorders and drug abuse. (Formerly KIN 201)

Associate Degree Applicable

Transfers to both UC/CSU

KIN 104 3 Units

Exercise Nutrition

Lecture: 54 contact hours

Advisory: ENGL 101 or ENGL 101H

This course provides scientific information and the essential principles of a proper exercise and diet program needed to maintain healthy sports fitness and nutrition levels. Emphasis will be placed on athletic performance, exercise recovery, food quality, general health, energy transfer for exercise and the relationship between nutrition and exercise or athletic performance.

Associate Degree Applicable

Transfers to both UC/CSU

KIN 106 3 Units

Athletic Administration

Lecture: 54 contact hours

Advisory: ENGL 101 or ENGL 101H

This course will serve as an overview of the field of athletic administration. Time will be spent exploring the current state of sports participation, the responsibilities administrators have and challenges they encounter across all levels of sport.

Associate Degree Applicable

Transfers to CSU only

KIN 200 3 Units

Introduction to Kinesiology

Lecture: 54 contact hours

Advisory: ENGL 101 or ENGL 101H

This introductory course provides an interdisciplinary approach to the study of human movement. It provides an overview of the importance of the sub-disciplines in kinesiology that will be discussed along with career opportunities in the areas of sports fitness industry, allied health (physical/occupational/recreational therapy), sport/fitness management, and teaching/coaching.

Associate Degree Applicable

Transfers to both UC/CSU

C-ID: KIN 100

KIN 202 3 Units

History of Physical Education and Sport in the United States

Lecture: 54 contact hours

Advisory: ENGL 101 or ENGL 101H

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 101 or ENGL 101H

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 205 3 Units

Sports Management

Lecture: 54 contact hours

Advisory: ENGL 101 or ENGL 101H

This course will serve as an overview of the field of sports management. Time will be spent exploring the development of the industry, current state and future trends in the discipline through the lenses of amateur, professional and international sports.

Associate Degree Applicable

Transfers to CSU only

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 only

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 both UC/CSU

KIN 600 Noncredit

Helmet-Free Tackle Safety and Performance

Lecture: 18 contact hours

Lab: 36 contact hours

This noncredit course is designed to provide instruction on best practices, methods and techniques that identify and correct the physical mechanisms, antiquated tackling drills, and injurious terminology that lead to Crown first collisions in the act of making an American football tackle. This course develops a comprehensive understanding of the Helmet-Free-Tackle Training System, to eliminate helmet first collision and prevent potential self-inflicted concussion, head, neck, spinal cord, and catastrophic injury.

KIN 631 Noncredit

First Aid and CPR

Lecture: 14 contact hours

Lab: 8 contact hours

This noncredit 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.