

KINESIOLOGY - FITNESS (KINF) COURSES

KINF 100A 1 Unit

Beginning Pilates Mat

Lab: 54 contact hours

This course provides beginning level Pilates technique instruction in alignment and correctives including mat work that emphasizes beginning level exercises for improved body alignment, strength, flexibility, control, coordination and breathing.

Associate Degree Applicable

Transfers to both UC/CSU

KINF 100B 1 Unit

Intermediate Pilates Mat

Lab: 54 contact hours

Prerequisite: KINF 100A

This course provides intermediate level Pilates technique instruction in alignment and correctives including mat work that emphasizes exercises for improved body alignment, strength, flexibility, control, coordination and breathing. In addition, breathing patterns and spinal alignment are taught to reduce injury and improve health.

Associate Degree Applicable

Transfers to both UC/CSU

KINF 100C 1 Unit

Advanced Pilates Mat

Lab: 54 contact hours

Prerequisite: KINF 100B

This course provides advanced Pilates technique instruction in alignment and correctives including mat work, advanced yoga and strength training. In addition, review of technique will focus on continued improvement of strength and flexibility with minimal stress to the body.

Associate Degree Applicable

Transfers to both UC/CSU

KINF 101A 1 Unit

Beginning Boxing for Fitness

Lab: 54 contact hours

This course is designed to teach beginning level boxing skills and techniques. Boxing movements and drills will be utilized to help students improve cardiovascular conditioning, muscular endurance, balance, and coordination.

Associate Degree Applicable

Transfers to both UC/CSU

KINF 101B 1 Unit

Intermediate Boxing for Fitness

Lab: 54 contact hours

Departmental Recommendation: KINF 101A

This course is designed to teach intermediate level boxing skills and techniques. Boxing movements and drills will be utilized to help students improve cardiovascular conditioning, muscular endurance, balance, and coordination.

Associate Degree Applicable

Transfers to both UC/CSU

KINF 101C 1 Unit

Advanced Boxing for Fitness

Lab: 54 contact hours

Departmental Recommendation: KINF 101B

This course is designed to teach advanced level boxing skills and techniques. Boxing movements and drills will be utilized to help students improve cardiovascular conditioning, muscular endurance, balance, and coordination.

Associate Degree Applicable

Transfers to both UC/CSU

KINF 102A 1 Unit

Beginning Spinning

Lab: 54 contact hours

Beginning spinning is an indoor, group stationary cycling program that integrates music, camaraderie, and visualization in a complete body-mind exercise routine. The philosophy of being mentally and physically fit is the basis of spinning. Spinning emphasizes everyone's individual needs, regardless of athletic ability while being taught in a group atmosphere.

Associate Degree Applicable

Transfers to both UC/CSU

KINF 102B 1 Unit

Intermediate Spinning

Lab: 54 contact hours

Departmental Recommendation: KINF 102A

Intermediate spinning is an indoor, group stationary cycling program that integrates music, camaraderie, and visualization in a complete body-mind exercise routine. New techniques will be introduced with an emphasis on building an aerobic base, increasing anaerobic thresholds and sustainability.

Associate Degree Applicable

Transfers to both UC/CSU

KINF 102C 1 Unit

Advanced Spinning

Lab: 54 contact hours

Departmental Recommendation: KINF 102C

Advanced spinning is an indoor, group stationary cycling program that integrates music, camaraderie, and visualization in a complete body-mind exercise routine. Review of technique will focus on continued improvement of aerobic and anaerobic levels and increased sustainability. In addition, advanced core exercises and relaxation techniques will be utilized within the workouts.

Associate Degree Applicable

Transfers to both UC/CSU

KINF 105A 1 Unit

Beginning Low Impact Aerobics

Lab: 54 contact hours

This course is designed to teach basic fitness concepts and beginning level movement skills to enhance strength, flexibility, endurance, movement memory, balance, coordination, and cardiovascular fitness.

Associate Degree Applicable

Transfers to both UC/CSU

KINF 105B 1 Unit

Intermediate Low Impact Aerobics

Lab: 54 contact hours

This course is designed to teach intermediate level fitness concepts and movement skills to enhance strength, flexibility, endurance, movement memory, balance, coordination, and cardiovascular fitness. Students will also learn how to design a basic step aerobics program.

Associate Degree Applicable

Transfers to both UC/CSU

KINF 105C 1 Unit**Advanced Low Impact Aerobics****Lab:** 54 contact hours

This course is designed to teach advanced level fitness concepts and movement skills to enhance strength, flexibility, endurance, movement memory, balance, coordination, and cardiovascular fitness. Students will also learn how to design an intermediate level step aerobics program.

Associate Degree Applicable**Transfers to both UC/CSU****KINF 108A 1 Unit****Beginning Weight Training****Lab:** 54 contact hours

The course is designed to teach beginning level students safe and proper technique for resistance exercises. Students will use free weights and universal machines to develop muscle strength and endurance. Students of all ability levels will receive individual instruction and personally tailored programs.

Associate Degree Applicable**Transfers to both UC/CSU****KINF 108B 1 Unit****Intermediate Weight Training****Lab:** 54 contact hours

The course is designed to teach safe and proper intermediate level techniques for resistance exercises, including multi-joint movements. Students will use free weights and universal machines to develop muscle strength and endurance. Students of all ability levels will receive individual instruction and create personally tailored programs.

Associate Degree Applicable**Transfers to both UC/CSU****KINF 108C 1 Unit****Advanced Weight Training****Lab:** 54 contact hours

The course is designed to teach safe and proper advanced level technique for resistance exercises. Students will use free weights, Olympic platforms, and universal machines to develop muscle strength and endurance through multi-joint and Olympic lift exercises. Students of all ability levels will receive individual instruction and create personally tailored programs.

Associate Degree Applicable**Transfers to both UC/CSU****KINF 112A 1 Unit****Beginning Body Conditioning****Lab:** 54 contact hours

This course is designed to teach beginner level fitness concepts and movement skills to improve overall cardiovascular fitness, as well as muscular strength and endurance. Instruction will be modified to accommodate students of all fitness and skill levels.

Associate Degree Applicable**Transfers to both UC/CSU****KINF 112B 1 Unit****Intermediate Body Conditioning****Lab:** 54 contact hours

This course is designed to teach intermediate level fitness concepts and movement skills to improve overall cardiovascular fitness, as well as muscular strength and endurance.

Associate Degree Applicable**Transfers to both UC/CSU****KINF 112C 1 Unit****Advanced Body Conditioning****Lab:** 54 contact hours

This course is designed to teach advanced level fitness concepts and movement skills to improve overall cardiovascular fitness, as well as muscular strength and endurance.

Associate Degree Applicable**Transfers to both UC/CSU****KINF 115A 1 Unit****Beginning HIIT****Lab:** 54 contact hours

This beginning-level High Intensity Interval Training (HIIT) course is designed for students to improve their overall health. Students will begin with short intervals of exercise and recovery, while introducing the knowledge of the five physical fitness components.

Associate Degree Applicable**Transfers to both UC/CSU****KINF 115B 1 Unit****Intermediate HIIT****Lab:** 54 contact hours**Prerequisite:** KINF 115A

This intermediate level High Intensity Interval Training (HIIT) course is designed for students to participate in a comprehensive fitness program with an emphasis on increasing work-to-recovery ratio to improve overall health, gain strength and increase energy.

Associate Degree Applicable**Transfers to both UC/CSU****KINF 115C 1 Unit****Advanced HIIT****Lab:** 54 contact hours**Prerequisite:** KINF 115B

This advanced-level High Intensity Interval Training (HIIT) course is designed for students to participate in a rigorous exercise program to increase cardiovascular endurance, muscle strength, agility, and coordination.

Associate Degree Applicable**Transfers to both UC/CSU****KINF 127A 1 Unit****Beginning Walking for Fitness****Lab:** 54 contact hours

The course is designed to help improve cardiovascular endurance and overall fitness through walking. Beginning level training principles and proper technique will be taught to promote this lifelong activity.

Associate Degree Applicable**Transfers to both UC/CSU****KINF 127B 1 Unit****Intermediate Walking for Fitness****Lab:** 54 contact hours

The course is designed to help improve cardiovascular endurance and overall fitness through walking. Intermediate level training principles, technique and program design will be taught to promote this lifelong activity.

Associate Degree Applicable**Transfers to both UC/CSU**

KINF 127C 1 Unit**Advanced Walking for Fitness****Lab:** 54 contact hours

The course is designed to help improve cardiovascular endurance and overall fitness through walking. Advanced level training principles, technique program design and injury prevention and care will be taught to promote this lifelong activity.

Associate Degree Applicable**Transfers to both UC/CSU****KINF 132A 1 Unit****Beginning Distance Running****Lab:** 54 contact hours

In this course, students will learn beginner level skills, techniques, and strategies of distance running. Instruction will focus on improving the student's running efficiency, cardiovascular fitness, and distance running knowledge.

Associate Degree Applicable**Transfers to both UC/CSU****KINF 132B 1 Unit****Intermediate Distance Running****Lab:** 54 contact hours

In this course, students will learn intermediate level skills, techniques, and strategies of distance running. Instruction will focus on improving the student's running efficiency, cardiovascular fitness, running biomechanics and strategy development.

Associate Degree Applicable**Transfers to both UC/CSU****KINF 132C 1 Unit****Advanced Distance Running****Lab:** 54 contact hours

In this course, students will learn advanced level skills, techniques, and strategies of distance running. Instruction will focus on maximizing running efficiency, improving cardiovascular fitness, and practicing various race strategies.

Associate Degree Applicable**Transfers to both UC/CSU****KINF 138A 1 Unit****Beginning Physical Fitness****Lab:** 54 contact hours

This course is a structured exercise class designed to help students participate in a beginning level exercise program including cardiovascular endurance, muscular strength and flexibility training. Instructor guided equipment orientation, fitness testing, and exercise technique are provided.

Associate Degree Applicable**Transfers to both UC/CSU****KINF 138B 1 Unit****Intermediate Physical Fitness****Lab:** 54 contact hours

The course is a structured exercise class designed to help intermediate level students develop and participate in a balanced exercise program including cardiovascular endurance, muscular strength and flexibility training. Instructor guided equipment orientation, fitness testing, exercise technique, and individualized programming are provided.

Associate Degree Applicable**Transfers to both UC/CSU****KINF 138C 1 Unit****Advanced Physical Fitness****Lab:** 54 contact hours

This course is a structured exercise class designed to help advanced level students develop a balanced exercise program including cardiovascular endurance, muscular strength and flexibility training. Instructor guided equipment orientation, fitness testing, exercise technique, and individualized programming are provided.

Associate Degree Applicable**Transfers to both UC/CSU****KINF 142A 1 Unit****Beginning Conditioning for Sports****Lab:** 54 contact hours

This course is designed to teach beginning level students muscular strength and endurance exercises, flexibility and core training skills and cardiovascular fitness. It is geared toward improving skills for participation in sports.

Associate Degree Applicable**Transfers to both UC/CSU****KINF 142B 1 Unit****Intermediate Conditioning for Sports****Lab:** 54 contact hours

This course is designed to teach intermediate level students muscular strength and endurance exercises, flexibility and core training skills and cardiovascular fitness. It is geared toward improving skills for participation in sports.

Associate Degree Applicable**Transfers to both UC/CSU****KINF 142C 1 Unit****Advanced Conditioning for Sports****Lab:** 54 contact hours

This course is designed to teach advanced level students muscular strength and endurance exercises, flexibility and core training skills and cardiovascular fitness. It is geared toward improving skills for participation in sports.

Associate Degree Applicable**Transfers to both UC/CSU****KINF 154A 1 Unit****Beginning Hiking for Fitness****Lab:** 54 contact hours

This beginning level course explores hiking as a lifelong fitness activity to promote cardiovascular health and general well-being. Techniques are suitable for individuals of all ages and fitness levels and various hiking routes on an off campus will be utilized.

Associate Degree Applicable**Transfers to both UC/CSU****KINF 154B 1 Unit****Intermediate Hiking for Fitness****Lab:** 54 contact hours**Departmental Recommendation:** KINF 154A

This course includes instruction in designing intermediate hiking programs for specific goals such as cardiovascular fitness, muscular endurance, core and leg strength. Using various hiking routes on and off campus, route planning, map reading, safety protocols, trail marking, and environmental considerations will be introduced.

Associate Degree Applicable**Transfers to both UC/CSU**

KINF 154C 1 Unit**Advanced Hiking for Fitness****Lab:** 54 contact hours**Departmental Recommendation:** KINF 154B

This course includes instruction in designing advanced, faster paced hiking programs for specific goals such as cardiovascular fitness, muscular endurance, core, and leg strength. Various hikes on and off campus will be utilized. Progressive activities such as evening hikes, overnight hikes and backpacking will be introduced to further increase options for lifelong fitness activities.

Associate Degree Applicable**Transfers to both UC/CSU****KINF 168A 1 Unit****Beginning Yoga****Lab:** 54 contact hours

This course is designed to introduce and practice beginning level Hatha Yoga. Improvement in balance, flexibility, muscle strength and endurance will be introduced. Meditation, breathing and relaxation techniques will be employed to assist in stress reduction.

Associate Degree Applicable**Transfers to both UC/CSU****KINF 168B 1 Unit****Intermediate Yoga****Lab:** 54 contact hours

This activity course is designed to teach the practice of intermediate level Hatha Yoga. Improvement in balance, flexibility, muscle strength and endurance will be emphasized. Meditation, breathing and relaxation techniques will be employed to assist in stress reduction.

Associate Degree Applicable**Transfers to both UC/CSU****KINF 168C 1 Unit****Advanced Yoga****Lab:** 54 contact hours

This activity course is designed to teach students advanced level Hatha Yoga as well as creating and leading a yoga flow sequence. Maximizing balance, flexibility, muscle strength and endurance will be emphasized. Meditation, breathing and relaxation techniques will be employed to assist in stress reduction.

Associate Degree Applicable**Transfers to both UC/CSU****KINF 184A 1 Unit****Beginning Karate****Lab:** 54 contact hours

This course provides beginning level Karate technique instruction needed for the art of unarmed defense while also developing speed, grace of movement, self-confidence, poise, mental alertness, strength, endurance, and muscular control.

Associate Degree Applicable**Transfers to CSU only****KINF 184B 1 Unit****Intermediate Karate****Lab:** 54 contact hours

This course provides intermediate level Karate technique instruction needed for the art of unarmed defense while also increasing speed, grace of movement, self-confidence, poise, mental alertness, strength, endurance, and muscular control.

Associate Degree Applicable**Transfers to CSU only****KINF 184C 1 Unit****Advanced Karate****Lab:** 54 contact hours

This course provides advanced level Karate technique instruction needed for the art of unarmed self-defense while also mastering speed, grace of movement, self-confidence, poise, mental alertness, strength, endurance, and muscular control.

Associate Degree Applicable**Transfers to CSU only****KINF 190A 1 Unit****Beginning Tai Chi****Lab:** 54 contact hours

This course is designed to study and practice Tai Chi at the beginning level. The history, research, and benefits of Tai Chi will be examined, and the basic 12 forms of Tai Chi will be explored. The course will include individual and group instruction and practice.

Associate Degree Applicable**Transfers to both UC/CSU****KINF 190B 1 Unit****Intermediate Tai Chi****Lab:** 54 contact hours

This course is designed to study and practice Tai Chi at the intermediate level. The benefits of Tai Chi will be examined, and the basic 24 forms of Tai Chi will be explored. The course will include individual and group instruction and practice.

Associate Degree Applicable**Transfers to both UC/CSU****KINF 190C 1 Unit****Advanced Tai Chi****Lab:** 54 contact hours

This course is designed to study and practice Tai Chi at the advanced level. The relationship between Tai Chi and well-being will be examined, and the basic 42 forms of Tai Chi will be explored. The course will include individual and group instruction and practice.

Associate Degree Applicable**Transfers to both UC/CSU**