

# KINESIOLOGY

- Athletic Coaching, Certificate of Achievement
- Certified Personal Trainer, Certificate of Achievement
- Kinesiology and Human Performance, Associate in Arts
- Kinesiology, Associate in Arts for Transfer

## Kinesiology (KINS)

### **KINS 40 - Introduction to Kinesiology (3 units)**

*Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lecture*

This course is an introduction to the interdisciplinary approach to the study of human movement. It provides an overview of the subdisciplines in kinesiology along with related career opportunities such as the sports fitness industry, allied health (physical/occupational/recreational therapy), sport/fitness management, and teaching/coaching. Portions of instruction may be offered online; may also be offered fully online. [C-ID KIN 100]

*Advisory: Completion of or concurrent enrollment in ENGL 1A or ENGL 1AE*

*Credit transferable: Transfers to CSU & UC*

*UC Transfer Limits: Any or all PE theory courses combined: maximum credit, 8 units*

*GE Credit: MPC E2 Career Exploration*

### **KINS 41 - Prevention and Care of Athletic Injuries (3 units)**

*Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lecture*

This course introduces students to modern athletic training principles. It covers procedures and techniques for prevention, recognition, treatment, and rehabilitation of athletic injuries. Portions of instruction may be offered online; may also be offered fully online.

*Advisory: Completion of or concurrent enrollment in ENGL 1A or ENGL 1AE*

*Credit transferable: Transfers to CSU & UC*

*UC Transfer Limits: Any or all PE theory courses combined: maximum credit, 8 units*

*GE Credit: MPC E2 Career Exploration*

### **KINS 42A - Athletic Training Field Experience I (2 units)**

*Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 102 hours lab*

This is an introductory course in the practical application of athletic training skills in the training room and at athletic events. Research essays and skill practicums are included. Portions of instruction may be offered online; may also be offered fully online.

*Advisory: KINS 41 or PHED 41*

*Credit transferable: Transfers to CSU & UC*

*UC Transfer Limits: Any or all PE theory courses combined: maximum credit, 8 units*

### **KINS 42B - Athletic Training Field Experience II (2 units)**

*Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 102 hours lab*

This course is a continuation of KINS 42A. Students learn additional techniques for the practical application of athletic training skills as applied in the athletic training room and at athletic events. Portions of instruction may be offered online; may also be offered fully online.

*Prerequisite(s): KINS 42A or PHED 42A*

*Advisory: Completion of or concurrent enrollment in ENGL 1A or ENGL 1AE*

*Credit transferable: Transfers to CSU & UC*

*UC Transfer Limits: Any or all PE theory courses combined: maximum credit, 8 units*

### **KINS 43 - Theory of Coaching (3 units)**

*Letter Grade (LG) Only • Total hours: 51 hours lecture*

This course provides students with a foundation of skills and knowledge to begin a successful coaching career. Emphasis is placed on ethics, team management, team practice organization, and positive coaching characteristics and philosophies. The course addresses coaching issues for all levels and age groups. Portions of instruction may be offered online; may also be offered fully online.

*Advisory: Completion of or concurrent enrollment in ENGL 1A or ENGL 1AE*

*Credit transferable: Transfers to CSU*

*GE Credit: MPC E2 Career Exploration*

### **KINS 44 - Sport in Society (3 units)**

*Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lecture*

This course is an overview of the historical development of sport and the current roles of sport in society. The course includes the interaction of sport with societal ethics and values as well as the outcomes affecting professional and amateur sports. Topics include the role of gender, race, ethnicity, and the influence and impact of media on sport. Portions of instruction may be offered online; may also be offered fully online.

*Advisory: Completion of or concurrent enrollment in ENGL 1A or ENGL 1AE*

*Credit transferable: Transfers to CSU & UC*

*UC Transfer Limits: Any or all PE theory courses combined: maximum credit, 8 units*

*GE Credit: CSU D Social Sciences; MPC D Social Sciences*

### **KINS 45 - Introduction to Careers in Sports Medicine and Allied Health (3 units)**

*Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lecture*

This course is an overview of the interdisciplinary approach to sports medicine and related allied health professions. An overview of the importance of kinesiology is also discussed as it relates to the specific populations served, career opportunities, and necessary academic preparation. Portions of instruction may be offered online; may also be offered fully online.

*Advisory: Completion of or concurrent enrollment in ENGL 1A or ENGL 1AE*

*Credit transferable: Transfers to CSU*

*GE Credit: MPC E2 Career Exploration*

### **KINS 46 - Principles of Strength Training and Conditioning (3 units)**

*Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lecture*

This course covers the fundamentals of human movement science. The course provides the scientific rationale for integrated training and exercise program design. Emphasis is on the fundamentals of human movement science, assessment tools, and exercise program design. Portions of instruction may be offered online; may also be offered fully online.

*Advisory: Completion of or concurrent enrollment in ENGL 1A or ENGL 1AE*

*Credit transferable: Transfers to CSU*

*GE Credit: MPC E1 Wellness*

**KINS 47 - Principles of Exercise Prescription and Program Design (3 units)**

*Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lecture*  
This course covers the principles of professional personal training. The course provides specific exercise program design, accurate assessment, and development and modification of exercise in a safe and effective manner. Topics include the rationale for integrated training, human movement science, fitness assessments, health screenings, and exercise program design. Portions of instruction may be offered online; may also be offered fully online.

*Advisory: Completion of or concurrent enrollment in ENGL 1A or ENGL 1AE; KINS 46*

*Credit transferable: Transfers to CSU*

**KINS 48 - Psychology of Fitness and Sport Performance (3 units)**

*Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lecture*  
This course covers theoretical, practical and mental aspects of sport, exercise, and rehabilitation settings, including the influence of psychological variables on participation in sport and exercise. It also addresses the influence of participation on psychological factors and well-being. Topics include motivation, anxiety, observational learning, imagery, exercise adherence, goal setting, and youth sport participation. Portions of instruction may be offered online; may also be offered fully online.

*Advisory: Completion of or concurrent enrollment in ENGL 1A or ENGL 1AE*  
*Credit transferable: Transfers to CSU & UC*

*UC Transfer Limits: Any or all PE theory courses combined: maximum credit, 8 units*

*GE Credit: CSU D Social Sciences; MPC D Social Sciences*

**KINS 50 - Orientation for Athletes and Athletics (2 units)**

*Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 34 hours lecture*  
This course assists student-athletes in setting educational and career goals, developing study skills, learning job-acquisition skills, and using college resources. It also educates coaches and support staff so they can better assist student-athletes on their pathway to success. Portions of instruction may be offered online; may also be offered fully online.

*Advisory: Completion of or concurrent enrollment in ENGL 1A or ENGL 1AE*  
*Credit transferable: Transfers to CSU*

*GE Credit: MPC E2 Career Exploration*

**KINS 51 - Fitness and Wellness Strategies (2 units)**

*Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 34 hours lecture*  
This course addresses lifetime wellness, considering psychological, social, and physiological factors. Students assess current lifestyle patterns in the areas of physical fitness, health risks, nutrition, and stress management. They develop reasonable, specific, and measurable goals for behavioral change as part of a wellness/lifestyle plan. Portions of instruction may be offered online; may also be offered fully online.

*Advisory: Completion of or concurrent enrollment in ENGL 1A or ENGL 1AE*  
*Credit transferable: Transfers to CSU & UC*

*UC Transfer Limits: Any or all PE theory courses combined: maximum credit, 8 units*

*GE Credit: CSU E Lifelong Learning and Self-Development; MPC E1 Wellness*

**KINS 60 - Fitness Exercise Physiology (1 unit)**

*Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 17 hours lecture*  
This course offers a basic introduction to exercise physiology, including how carbohydrates and fats are used during exercise. The neuromuscular system, the cardio-respiratory system, and their responses and applications to exercise are covered. Also covered are the components of physical fitness and environmental, social, and psychological considerations. Portions of instruction may be offered online; may also be offered fully online.

*Advisory: Completion of or concurrent enrollment in ENGL 1A or ENGL 1AE*  
*Credit transferable: Transfers to CSU*

*GE Credit: CSU E Lifelong Learning and Self-Development; MPC E1 Wellness*

**KINS 63 - Fitness Anatomy and Kinesiology (2 units)**

*Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 34 hours lecture*  
This course includes an introduction to skeletal and muscular anatomy as well as a brief overview of the cardiovascular, nervous, and respiratory systems. The basics of analysis of movement are a focus of this course. Portions of instruction may be offered online; may also be offered fully online.

*Advisory: Completion of or concurrent enrollment in ENGL 1A or ENGL 1AE*  
*Credit transferable: Transfers to CSU*

*GE Credit: MPC E1 Wellness*

**KINS 92 - Practical Experience in Personal Training (1 unit)**

*Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab*  
This course provides students the opportunity for practical applications and responsibilities of personal training. Topics include injury prevention, exercise prescription, and fitness assessments for design programs. Portions of instruction may be offered online; may also be offered fully online.

*Advisory: KINS 46; or KINS 47*

*Credit transferable: Transfers to CSU*