

# KINESIOLOGY (KIN)

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## **KIN 0003A. Basic Aerobic Training with Fitness Equipment**

*Units: 0.5-2*

Formerly known as PHED 0003A

Hours: 36 activity per unit

Designed to educate students in the areas of basic aerobic and cardiovascular fitness using fitness equipment as well as evaluate and improve present aerobic fitness level. (CSU, UC-with unit limitation)

## **KIN 0003B. Advanced Aerobic Circuit Training with Fitness Equipment**

*Units: 0.5-2*

Formerly known as PHED 0003B

Advisory: Completion of KIN 0003A with grade of "C" or better

Hours: 36 activity per unit

Designed to educate students in the areas of aerobic circuit training as well as evaluate and improve present aerobic fitness level. (CSU, UC-with unit limitation)

## **KIN 0004. Cross Training**

*Units: 2*

Formerly known as PHED 0087

Hours: 54 (18 lecture, 36 activity)

Daily physical fitness training utilizing aerobic and anaerobic training methods including: swim workouts, resistance training, stationary exercise equipment and running. (CSU, UC-with unit limitation)

## **KIN 0005A. Weight Training**

*Units: 0.5-2*

Formerly known as PHED 0005A

Hours: 36 activity per unit

Progressive resistance exercises with free weights and weight machines to develop muscular strength and endurance. (CSU, UC-with unit limitation)

## **KIN 0005B. Strength Training - Circuit and Power Lifting**

*Units: 0.5-2*

Formerly known as PHED 0005B

Hours: 36 activity per unit

Strength training exercises in progressive circuit and power lifting with free weights and weight machines. Designed to develop core strength, muscular strength and endurance. (CSU, UC-with unit limitation)

## **KIN 0006. Physical Fitness**

*Units: 0.5-2*

Formerly known as PHED 0006

Hours: 36 activity per unit

Emphasis on life-long exercise principles using a variety of muscular strength and endurance, aerobics and flexibility workouts. Examines cardio-respiratory fitness, exercise principles, and how to design and evaluate fitness programs/workouts. Students experience different types of workouts and are encouraged to apply the information to their own body and level of conditioning. (CSU, UC-with unit limitation)

## **KIN 0007. Aerobic Fitness**

*Units: 0.5-2*

Formerly known as PHED 0007

Hours: 36 activity per unit

Creative exercises to promote a wide range of flexibility, muscular strength and endurance, and cardiovascular endurance. Includes a choreographed warm-up, aerobic segment, floorwork, and warm-down utilizing a variety of calisthenic and dance techniques and skills. (CSU, UC-with unit limitation)

## **KIN 0008. Step Aerobic Training**

*Units: 0.5-2*

Formerly known as PHED 0009

Hours: 36 activity per unit

An intense cardiovascular and muscular endurance workout utilizing an adjustable "step" for differing fitness levels choreographed to music to include: warm-up, cardiovascular step segment, floor work and flexibility warm-down. (CSU, UC-with unit limitation)

## **KIN 0009. Cardio Kickboxing**

*Units: 0.5-2*

Formerly known as PHED 0013

Hours: 36 activity per unit

An intense cardiovascular and muscular endurance workout utilizing boxing, calisthenics, Tai Chi, and QiGong for differing fitness levels choreographed to music to include: warm-up; cardiovascular kickboxing segment, floor work, self-defense and cool down. (CSU, UC-with unit limitation)

## **KIN 0010. Fitness and Weight Management Boot Camp**

*Units: 2-3*

Formerly known as PHED 0022

Hours: 54 (18 lecture, 36 activity) 2 units; 72 (36 lecture, 36 activity) 3 units

This course encourages a healthy attitude toward exercise, wellness and weight management. Topics include assessing and improving fitness levels, as well as nutrition, healthy living, and active lifestyle strategies that are involved in attaining and maintaining appropriate levels of wellness. Students with body mass indexes of 25 or over are best suited for this course because of the emphasis on weight management. (CSU, UC-with unit limitation)

## **KIN 0011. Techniques of Fitness Instruction**

*Units: 3*

Formerly known as PHED 0085

Hours: 72 (36 lecture, 36 activity)

Methods of instruction in leading group exercise in health clubs, resorts, institutions, corporate programs or medically supervised exercise programs. Includes music movement choreography, communication and cueing, practical application of kinesiology and muscle physiology to design class formats in aerobics, step, slide, muscle conditioning, water fitness, stretch, Yoga and fitness walking programs. Strength and weight training techniques. (CSU)

## **KIN 0018. Peaceful Self Defense**

*Units: 0.5-2*

Formerly known as PHED 0069

Hours: 36 activity per unit

Introduction to fundamental principles, concepts, and theories of martial arts. Includes basic self defense, nonviolent self defense strategies, cardio conditioning, strength building exercises, flexibility training, nutrition, deep relaxation, and meditation with a focus on mind-body connection as it pertains to the art of physical combat. Benefits students of all skill levels. (CSU, UC-with unit limitation)

## **KIN 0019. Combative Self Defense**

*Units: 1-2*

Formerly known as PHED 0066

Hours: 36 activity per unit

Hand-to-hand combat for self defense. Emphasis on disarming and immobilizing an assailant; includes martial arts such as Kenju Do. (CSU, UC-with unit limitation)

**KIN 0020. Multi Self Defense System**

*Units: 0.5-2*

Formerly known as PHED 0080

Hours: 36 activity per unit

A multi combat self defense system combining the martial arts of Escrima (stick and knife fighting), Jujitsu, and Kenpo. Focus on teaching application of principles leading to utilizing ordinary items to help defend oneself. Emphasis on strengthening the body and improving endurance. (CSU, UC-with unit limitation)

**KIN 0023. Tai Chi**

*Units: 0.5-2*

Formerly known as PHED 0014

Hours: 36 activity per unit

Ancient Chinese martial art that improves balance and coordination, promotes health, and reduces stress. Emphasizes meditation in motion and self-defense. Focus on mind/body harmony through balancing body energy (chi). (CSU, UC-with unit limitation)

**KIN 0024. Self-Defense for Personal Safety**

*Unit: 1.5*

Formerly known as PHED 0063

Hours: 54 (18 lecture, 36 laboratory)

Provides individuals with information about personal safety and develops skills to avoid harm. Covers awareness in a variety of locations, such as home, workplace, school, online environment, car and parking lot. Topics include avoidance and awareness of potential dangers, appropriate responses, self-defense strategies (physical and non-physical), legal aspects of self-defense, physical fitness, sensitivity to violent crime victims, and the psychological factors involved in victimization. (CSU)

**KIN 0026. Badminton**

*Units: 0.5-2*

Formerly known as PHED 0011

Hours: 36 activity per unit

Fundamental techniques of badminton skills including: service, drop shots, clear shots, forehand and backhand strokes. Covers strategy of singles and doubles play, rules, and game etiquette. Provides an opportunity for competition. (CSU, UC-with unit limitation)

**KIN 0027. Recreational Basketball**

*Units: 0.5-2*

Formerly known as PHED 0023

Hours: 36 activity per unit

Introduction to basketball as a recreational/cardio sport, designed to assist students in acquiring basic skills and increasing aerobic fitness, balance, and advanced fitness levels, while actively participating in basketball activities. (CSU, UC-with unit limitation)

**KIN 0028. Independent Study**

*Units: 1-3*

Formerly known as PHED 0028

Designed for students interested in furthering their knowledge at an independent study level in an area where no specific curriculum offering is currently available. Independent study might include, but is not limited to, research papers, special subject area projects, and research projects. See Independent Study page in catalog. (CSU, UC-with unit limitation)

**KIN 0029. Flag Football**

*Units: 0.5-2*

Formerly known as PHED 0029

Hours: 36 activity per unit

Fundamental theory and practice of flag football skills and knowledge including: passing, kicking, receiving, blocking, defending and rushing. Covers the strategy of team play, rules and etiquette. Provides the opportunity for skill development and competition. (CSU, UC-with unit limitation)

**KIN 0030. Golf**

*Units: 0.5-2*

Formerly known as PHED 0010

Hours: 36 activity per unit

Development of sufficient basic proficiency in golf to recognize and enjoy it as a lifetime activity; includes U.S.G.A. rules, etiquette and the fundamental mechanics involved in the use of irons and woods. (CSU, UC-with unit limitation)

**KIN 0031A. Soccer Level I**

*Units: 0.5-2*

Formerly known as PHED 0027A

Hours: 36 activity per unit

Fundamental theory and practice, including passing, dribbling, shooting, formations, and strategy. Primary emphasis on the application of skills, rules, and introduction to strategy in game play. (CSU, UC-with unit limitation)

**KIN 0031B. Soccer Level II**

*Units: 0.5-2*

Formerly known as PHED 0027B

Hours: 36 activity per unit

Tactical theory and practice, including small group attacking, small group defending, team attacking and team defending. Primary emphasis on tactics and strategy within the game. (CSU, UC-with unit limitation)

**KIN 0032. Tennis**

*Units: 0.5-2*

Formerly known as PHED 0016

Hours: 36 activity per unit

Fundamental techniques of service, forehand, and backhand. Covers strategy, rules, and etiquette. Provides an opportunity for competition in both singles and doubles play. (CSU, UC-with unit limitation)

**KIN 0033. Volleyball**

*Units: 0.5-2*

Formerly known as PHED 0026

Hours: 36 activity per unit

Fundamental skills, rules, and strategy. Primary emphasis on the application of skills and strategy needed to play volleyball. (CSU, UC-with unit limitation)

**KIN 0034. Sand Volleyball**

*Units: 0.5-2*

Hours: 36 activity per unit

Provides instruction and practice in fundamental sand volleyball techniques. Individual skills, such as passing, setting, hitting, blocking and serving, as well as team offensive and defensive strategies. (CSU, UC-with unit limitation)

**KIN 0035A. Futsal***Units: 0.5-2*

Hours: 36 activity per unit

Introductory course includes game strategy, tactics, and laws of the game. Futsal is a modified form of soccer played indoors on a hard surface with a low bouncing ball. Students develop basic skills in dribbling, passing, heading, shooting and receiving, along with offensive and defensive strategies. (CSU)

**KIN 0040. Aquacise***Units: 0.5-2*

Formerly known as PHED 0008

Hours: 36 activity per unit

Designed to improve muscle tone and cardiovascular fitness. Exercises conducted in the water, utilizing the resistance of water against body movement. Strength and conditioning exercises are integrated with aerobic exercises so that students may have the potential for maximum benefit in a short time. Suitable for students with injuries or physical limitations. (CSU, UC-with unit limitation)

**KIN 0041. Fundamental Swimming***Units: 0.5-2*

Formerly known as PHED 0036

Hours: 36 activity per unit

Development of physical and mental adjustment to the water. For nonswimmers through advanced. Basic instruction in swimming, water safety skills, water entry and exit, and water exercises. Instruction and practice in developing aerobic fitness. (CSU, UC-with unit limitation)

**KIN 0042. Swimming Conditioning***Units: 0.5-2*

Formerly known as PHED 0039

Hours: 36 activity per unit

Development of muscular and cardiovascular endurance. Instruction in distance training, interval training, water exercise, sprint training, stroke techniques and water games. (CSU, UC-with unit limitation)

**KIN 0043. Lifeguard Training***Units: 2.5*

Formerly known as PHED 0035

Advisory: Candidates must demonstrate strong swimming skills

Hours: 54 (36 lecture, 18 activity)

Knowledge and skills necessary to keep patrons of aquatic facilities safe in and around water. American Red Cross Lifeguard Training and CPR/AED for the Professional Rescuer/First Aid certificates issued upon successful completion of course and American Red Cross requirements. (CSU, UC)

**KIN 0044. Recertification for Lifeguard Training and Professional Rescue CPR***Unit: 1*

Formerly known as PHED 0033

Prerequisite: Possession of a current or recently expired (within 1 year) Lifeguard Training certificate

Hours: 24 (12 lecture, 12 activity)

Review of Lifeguard Training and CPR for the Professional Rescuer. Leads to recertification of American Red Cross Lifeguard Training and CPR. Certificates issued upon successful completion of Red Cross requirements. (not transferable)

**KIN 0050A. Ballet I***Units: 0.5-2*

Formerly known as PHED 0056A

Hours: 36 activity per unit

Introduction to fundamentals of classical ballet focusing on the development of technique through proper alignment, flexibility and strength. Elements of history, terminology and appreciation of ballet as an art form are explored. (CSU, UC)

**KIN 0050B. Ballet II***Units: 0.5-2*

Formerly known as PHED 0056B

Advisory: Completion of KIN 0050A with grade of "C" or better

Hours: 36 activity per unit

Continuation of classical ballet training, exploring elements of ballet history, musicality, terminology, technique, and performance. Pointe technique and character dance are also presented. (CSU, UC)

**KIN 0051. Jazz Dance***Units: 0.5-2*

Formerly known as PHED 0054

Hours: 36 activity per unit

Fundamentals of jazz dance with emphasis on ballet basics, flexibility, coordination, weight transference, isolation, floor and barre work, including jazz history, composition basics, stylization, and improvisation. (CSU, UC)

**KIN 0052. Square Dance***Units: 0.5-2*

Formerly known as PHED 0051B

Hours: 36 activity per unit

Introduction to square, round, and contra dancing. Includes development of rhythm and the history of the dances. (CSU, UC)

**KIN 0053. Modern Ballroom Dance***Units: 0.5-2*

Formerly known as PHED 0051D

Hours: 36 activity per unit

Basic skills in social and ballroom dance steps, including Swing, Tango, Waltz, Fox Trot, Cha-Cha, Rumba, Mambo, and Samba. Includes development of rhythm and the history of social dances. (CSU, UC)

**KIN 0054. Modern Dance***Units: 0.5-2*

Formerly known as PHED 0053

Hours: 36 activity per unit

Development and improvement in body alignment, flexibility, strength endurance, balance coordination, relaxation coordination and modern dance techniques so that the body can be used as an instrument of creative expression. (CSU, UC)

**KIN 0055. Line Dance***Units: 0.5-2*

Formerly known as PHED 0051C

Hours: 36 activity per unit

Basic skills in line dancing. Traditional, past and current dances are taught. Includes development of rhythm and the history of social dances. (CSU, UC)

**KIN 0062. Fundamentals of Yoga**

*Units: 0.5-2*

Formerly known as PHED 0055

Hours: 36 activity per unit

Development of basic Yoga postures, breathing practices, stretching, and relaxation techniques as a method to improve flexibility, decrease stress and improve physical and mental well-being. (CSU, UC-with unit limitation)

**KIN 0068. Introduction to Meditation**

*Units: 0.5-2*

Formerly known as PHED 0068

Hours: 36 activity per unit

Exploration of the body/mind connection through techniques of visualization, affirmation, concentration and meditation. (CSU)

**KIN 0069. Mat Pilates**

*Units: 0.5-2*

Formerly known as PHED 0019

Hours: 36 activity per unit

Designed to improve "core" muscles of the torso, improve posture, suppleness, and elongate the body. Targets back and abdominal muscle groups. Includes cardiovascular warm up, aerobic conditioning, strengthening exercises, and cool down. Student must provide Yoga or Pilates "sticky" mat. (CSU, UC-with unit limitation)

**KIN 0071. Adapted Aquatics**

*Units: 0.5-2*

Formerly known as PHED 0073

Advisory: Physician's approval recommended for participation

Hours: 36 activity per unit

For physically limited individuals, providing individually prescribed exercises, adaptive and/or modified swimming, and exercises designed to improve cardiovascular endurance. (CSU, UC-with unit limitation)

**KIN 0072. Adapted Aerobic Fitness**

*Units: 0.5-2*

Formerly known as PHED 0074

Advisory: Physician's approval recommended for participation

Hours: 36 activity per unit

Aerobic fitness training for individuals with disabilities. Emphasis on improving individual levels of aerobic fitness through the use of fitness machines. Class activities adapted and modified to meet individual needs. (CSU, UC-with unit limitation)

**KIN 0073. Adapted Individualized Exercises**

*Units: 0.5-2*

Formerly known as PHED 0072

Advisory: Physician's approval recommended for participation

Hours: 36 activity per unit

Designed for students having difficulty with ambulation, balance, and/or motor skills. Individualized exercise programs based on the student's physical abilities, physician's recommendation, and student's personal goals. (CSU, UC-with unit limitation)

**KIN 0074. Adapted Group Activities**

*Units: 0.5-2*

Formerly known as PHED 0071

Advisory: Physician's approval recommended for participation

Hours: 36 activity per unit

Introduces students with physical and/or developmental disabilities to a variety of group activities, such as basketball, ultimate frisbee, and flag football. Emphasis on developing fundamental physical and social skills to effectively participate in group activities. (CSU, UC-with unit limitation)

**KIN 0075. Adapted Walk/Jog**

*Unit: 1*

Formerly known as PHED 0075

Advisory: Physician's approval recommended for participation

Hours: 36 activity per unit

Walking/Jogging for people with permanent or short-term disabilities. Emphasis on walking/jogging techniques, aerobic conditioning, program development, nutrition, proper workout attire and safety. (CSU, UC-with unit limitation)

**KIN 0080. ACE Personal Trainer Preparation**

*Units: 3*

Formerly known as PHED 0032

Hours: 54 lecture

Synthesis of principles and theories in exercise physiology, kinesiology, nutrition, and basic behavioral sciences. Application of principles to physical fitness testing and exercise program design and implementation. Prepares students for the American Council on Exercise (ACE) personal trainer certification examination. (CSU)

**KIN 0081. Introduction to Kinesiology**

*Units: 3*

Formerly known as PHED 0081

Hours: 54 lecture

Introduces the interdisciplinary approach to the study of human movement. An overview of the importance of the sub-disciplines in kinesiology are discussed along with career opportunities in teaching, coaching, allied health, and fitness professions. (C-ID KIN 100) (CSU, UC-with unit limitation)

**KIN 0082. Sports Officiating**

*Units: 2*

Formerly known as PHED 0082

Hours: 54 (36 lecture, 18 laboratory)

Officiating team and individual sports. Emphasizes officiating concepts, skills, fundamentals and etiquette of basketball, baseball/softball, volleyball and soccer. Students are required to perform physical activities associated with officiating. (CSU)

**KIN 0083. Physiology of Fitness**

*Units: 3*

Formerly known as PHED 0083

Hours: 54 lecture

Introduction to physiological adaptations to exercise, with considerations of the bio-physical values of exercise in maintaining fitness throughout an individual's life span. Designed to teach principles of cardiovascular endurance and proper weight control by engaging students in personal fitness through writing of their own individual programs. (CSU, UC-with unit limitation)

**KIN 0084. Care and Prevention of Athletic Injuries**

*Units: 3*

Formerly known as PHED 0084

Hours: 54 lecture

Designed for students interested in the prevention, evaluation and care of athletic injuries. Introduction to theoretical concepts and practical skills necessary for the proper and effective management of common athletic injuries and medical conditions. Includes the prevention, recognition, evaluation, management and rehabilitation of injuries, taping techniques, and emergency procedures. (CSU, UC)

**KIN 0086. Psychology of Sport***Units: 3*

Formerly known as PHED 0086

Hours: 54 lecture

Surveys the theory, research, and applications of psychology pertaining to exercise and sports. Presents current topics and issues relevant to sport psychology. Designed for students interested in coaching, athletic training and personal performance. (CSU)

**KIN 0087A. Theory of Baseball***Units: 3*

Formerly known as PHED 0089A

Hours: 54 lecture

Study and analysis of competitive baseball. Emphasis on defense, offense, pitching, base running, and team strategy. Designed for students with baseball experience and/or the desire to coach baseball at any level. (CSU, UC-with unit limitation)

**KIN 0087B. Theory of Basketball***Units: 3*

Formerly known as PHED 0089B

Hours: 54 lecture

Study and analysis of competitive basketball. Emphasis on defense, offense, individual and team skill development, rules and games preparation and strategy. Designed for students with basketball experience and/or the desire to coach basketball at any level. (CSU, UC-with unit limitation)

**KIN 0087C. Theory of Football***Units: 3*

Formerly known as PHED 0089F

Hours: 54 lecture

Study and analysis of competitive football. Emphasis on defense, offense, special teams and strategies. Designed for students with football experience and/or the desire to coach football at any level. (CSU, UC-with unit limitation)

**KIN 0087D. Theory of Soccer***Units: 3*

Formerly known as PHED 0089H

Hours: 54 lecture

Theories of offensive and defensive strategies in competitive soccer. Includes study, analysis, and critique of skills and strategies in preparation for all levels of soccer competition. Designed for students with soccer experience and/or the desire to coach soccer at any level. (CSU, UC-with unit limitation)

**KIN 0087E. Theory of Softball***Units: 3*

Formerly known as PHED 0089C

Hours: 54 lecture

Study and analysis of competitive softball. Emphasis on defense, offense, pitching, baserunning, team strategies, stats recording and scorekeeping. Designed for students with softball experience and/or the desire to coach softball at any level. (CSU, UC-with unit limitation)

**KIN 0087F. Theory of Volleyball***Units: 3*

Formerly known as PHED 0089G

Hours: 54 lecture

Theories of offensive and defensive strategies of competitive volleyball. Study, analysis, and critique of offensive and defensive skills and strategies in preparation for all levels of volleyball competition. Designed for students with volleyball experience and/or the desire to coach or play volleyball at any level. (CSU, UC-with unit limitation)

**KIN 0088. Introduction to Coaching Team Sports***Units: 3*

Formerly known as PHED 0088

Hours: 54 lecture

Designed for students interested in coaching team sports. Emphasizes the components of team concepts and the organizational skills needed to implement and conduct a team sport program. (CSU, UC-with unit limitation)

**KIN 0096. Sports Activities***Units: 0.5-2*

Formerly known as PHED 0093

Hours: 36 activity per unit

Intra-class competition in the group activities of basketball, flag football, volleyball, soccer and softball. (CSU, UC-with unit limitation)

**KIN 0097. Fire Academy Physical Training***Units: 2.5*

Formerly known as PHED 0200

Corequisite: Concurrent enrollment in FIRE 0100

Hours: 80 (28 lecture, 52 laboratory)

Designed for Firefighter I Academy Trainees, emphasizing lifetime fitness, principles of physical fitness, individual fitness programs, managing body composition, stress indicators and management, nutrition, and development of muscular strength and cardiovascular efficiency. (CSU)

**KIN 0802. Adaptive Motor Skill Development***Units: 0*

Formerly known as PHED 0802

Hours: 54 laboratory

Physical activities to meet the varied needs of substantially disabled students. Activities include team sports, jogging/walking, weight training, Special Olympic training, swimming, and yoga. May be repeated. (noncredit)