

# KINESIOLOGY (KIN)

---

## **KIN 0003A. Cardio Fitness - Level I**

*Units: 0.5-2*

Formerly known as PHED 3A

Hours: 36 activity per unit

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

## **KIN 0003B. Cardio Fitness - Level II**

*Units: 0.5-2*

Formerly known as PHED 3B

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 87

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 5A

Hours: 36 activity per unit

Weight training as a lifetime fitness activity; 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 5B

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 6

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 7

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 0009. Cardio Kickboxing**

*Units: 0.5-2*

Formerly known as PHED 13

Hours: 36 activity per unit

An intense non-contact cardiovascular workout utilizing kicking and punching techniques for differing fitness levels to include: warm-up, cardiovascular segment, muscle conditioning exercises, stretching, and cool down. (CSU, UC-with unit limitation)

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

*Units: 2-3*

Formerly known as PHED 22

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

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. Instructional Methods for Group Fitness**

*Units: 3*

Formerly known as PHED 85

Hours: 72 (36 lecture, 36 activity)

Addresses methods of instruction in leading group exercise in health clubs, resorts, institutions, corporate programs or medically supervised exercise programs. Topics include movement choreography, communication and cueing, music selection and counting. Practical application of kinesiology and muscle physiology are used to design various music based class formats and other current group fitness trends. (CSU)

## **KIN 0012. Instructional Methods for Personal Trainers**

*Units: 3*

Hours: 72 (36 lecture, 36 laboratory)

Emphasizes the development of instructional skills based on learning modalities and pedagogical practices for individuals working as a personal trainer in the fitness industry. Activities focused on those used to develop muscular endurance, muscular strength, muscular hypertrophy, and flexibility using various equipment options. Practical application of exercise science principles in anatomy, physiology, kinesiology, and exercise physiology used for exercise instruction and program design. (CSU)

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

*Units: 0.5-2*

Formerly known as PHED 69

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. Basic Self Defense***Units: 1-2*

Formerly known as PHED 66

Hours: 36 activity per unit

Basic level course designed to teach students how to recognize and avoid potential threats, and to mentally and physically prepare themselves to respond to physical attacks if they should occur. Covers responses to a variety of attack situations including pushes, grabs, chokes, punches, kicks, rear attacks, ground attacks, and assaults with handguns, long-guns and knives. Special emphasis is placed on takedowns, disarming and controlling attackers. (CSU, UC-with unit limitation)

**KIN 0020. Multi Self Defense System***Units: 0.5-2*

Formerly known as PHED 80

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 14

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 63

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 11

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 23

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 28

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 29

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 10

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 27A

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 27B

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 16

Hours: 36 activity per unit

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

**KIN 0032B. Advanced Tennis***Units: 0.5-2*

Hours: 36 activity per unit

Advanced techniques of service, forehand, and backhand. Also advanced return of serve techniques and strategies. Provides an opportunity for more intense competition in both singles and doubles play. (CSU, UC-with unit limitation)

**KIN 0033. Volleyball***Units: 0.5-2*

Formerly known as PHED 26

Hours: 36 activity per unit

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

**KIN 0034. Beach Volleyball***Units: 0.5-2*

Hours: 36 activity per unit

Provides instruction and practice in fundamental beach 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 - Level I***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, UC-with unit limitation)

**KIN 0035B. Futsal - Level II***Units: 0.5-2*

Advisory: Completion of KIN 35A with grade of "C" or better

Hours: 36 activity per unit

Students develop advanced 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 0040. Water Exercise for Fitness***Units: 0.5-2*

Formerly known as PHED 8

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. Fundamentals of Swimming***Units: 0.5-2*

Formerly known as PHED 36

Hours: 36 activity per unit

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

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

Formerly known as PHED 39

Hours: 36 activity per unit

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

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

Formerly known as PHED 56A

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 56B

Advisory: Completion of KIN 50A 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 54

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

Formerly known as PHED 51D

Hours: 36 activity per unit

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

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

Formerly known as PHED 53

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 51C

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 line dances. (CSU, UC)

**KIN 0062. Fundamentals of Yoga***Units: 0.5-2*

Formerly known as PHED 55

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 0065. Yoga History and Culture**

Units: 3

Hours: 54 lecture

Designed as a survey of the history and culture of yoga, both as a historical practice and a physical discipline. Students will learn about yoga's transformation from ancient to contemporary times, Ayurveda nutrition and yoga as a career option. (letter grade only) (CSU)

**KIN 0066. Yoga Pedagogy Lecture**

Units: 3

Hours: 54 lecture

Designed as an introduction to teaching the physical discipline of Hatha yoga. Students will learn about different types of Hatha yoga, anatomy, injury prevention, cueing, ethics, and development of their own yoga class. (CSU)

**KIN 0068. Introduction to Meditation**

Units: 0.5-2

Formerly known as PHED 68

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 19

Hours: 36 activity per unit

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

**KIN 0070. Yoga Pedagogy Lab**

Unit: 1

Prerequisite: Concurrent enrollment in or completion of KIN 66 with grade of "C" or better

Hours: 54 laboratory

Designed as an introduction to the physical discipline of Hatha yoga. Students will learn alignment, adjustments, and cueing for yoga postures. Students will also develop and teach their own yoga class. (CSU)

**KIN 0071. Adapted Aquatics**

Units: 0.5-2

Formerly known as PHED 73

Advisory: Physician's approval recommended for participation

Hours: 36 activity per unit

For physically and/or developmentally challenged individuals, providing individually prescribed exercises, adaptive and/or modified swimming, and exercises designed to improve ambulation, balance, and cardiorespiratory endurance. (CSU, UC-with unit limitation)

**KIN 0072. Adapted Aerobic Fitness**

Units: 0.5-2

Formerly known as PHED 74

Advisory: Physician's approval recommended for participation

Hours: 36 activity per unit

Aerobic fitness training for individuals with developmental and or physical challenges. 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 72

Advisory: Physician's approval recommended for participation

Hours: 36 activity per unit

The purpose of this class is to improve joint flexibility, muscle endurance and muscle strength in students having difficulty with ambulation, balance, and/or motor skills. Individualized Progressive Resistance exercise programs will be developed based on the student's physical and or developmental abilities, physician's recommendation, and student's personal goals. (CSU, UC-with unit limitation)

**KIN 0080. ACE Personal Trainer Preparation**

Units: 3

Formerly known as PHED 32

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 81

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 82

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 83

Hours: 54 lecture

Introductory course in sports physiology with special emphasis on body systems and how each adapts and responds to physical movement.

Review of training strategies implemented to increase functionality of organ systems to improve physical fitness and performance. Provides students with exposure to a variety of performance goals and fitness levels including exercise for health, fitness, recreation, and sports competition. (CSU, UC-with unit limitation)

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

Units: 3

Formerly known as PHED 84

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 86

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 89A

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 89B

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 89F

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 89H

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 89C

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 89G

Hours: 54 lecture

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

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

Formerly known as PHED 88

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 0090. Introduction to Training and Conditioning for Sports***Units: 3*

Hours: 54 lecture

Introduces students to the concepts of training and conditioning for sports. Topics will include foundational principles of training, stages of athletic development, motor skills training, and designing programs specific to the needs of the sport. (CSU)

**KIN 0095. Internship in Kinesiology***Units: 0.5-4*

Designed for advanced students to work in an area related to their educational or occupational goal. Provides new on-the-job technical training under the direction of a worksite supervisor, allowing students to expand knowledge and skills in the chosen field. Mandatory orientation session and faculty approval to determine eligibility. One unit of credit is equal to each 60 hours of non-paid work, or each 75 hours of paid work. Students may earn up to a total of 16 units in internship courses (any course numbered 95 and PDEV 94). (CSU-with unit limitation)

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

Formerly known as PHED 93

Hours: 36 activity per unit

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

**KIN 0100. Coaching the Young Athlete***Units: 3*

Hours: 54 lecture

Students will be introduced to the challenges of age and gender specific considerations in training of young athletes. Topics include training guidelines for young athletes, stages of athletic development, long-term training plans, specific strategies of motivation related to age groups, and providing an environment that promotes learning and fun. (CSU)

**KIN 0101. Sport First Aid for Coaches***Units: 3*

Hours: 54 lecture

Provides new and experienced coaches with the action steps for the care and prevention of athletic injuries and illnesses. Includes performing physical assessments; strategies for reducing athletes' risk of injury or illness; developing a medical emergency plan; returning athletes to play; and educating athletes and coaches on the effects and dangers of performance enhancers. (CSU)

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

Formerly known as PHED 802

Advisory: Physician's approval recommended for participation

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)