

# KINESIOLOGY

## *Lower Division*

### **KINE 1018 Lifetime Fitness (2)**

Lifetime fitness introduction to core concepts in physical fitness and wellness. Course provides an overview of health related physical fitness, body composition, nutrition, stress and a variety of other factors that influence quality of life. Course is designed to teach students importance of and strategies for maintaining a healthy lifestyle. Concurrent enrollment in a 1-unit physical activity course (KINE 1500-1597). Corequisite: Any KINE 1500-1597 Movement Activity Course (except KINE 1505, 1506, 1507, 1513). Satisfies general education requirement SELF.

### **KINE 1020 CPR, 1<sup>st</sup> Aid and AED (1)**

This course involves the theory and detailed demonstration of the CPR and first aid care of the injured. The student will learn to assess a victim's condition and incorporate proper treatment. Standard first aid, CPR, and AED certification(s) will be granted upon successful completion of requirements.

### **KINE 1500 Fitness for Life (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

### **KINE 1502 Basketball (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

### **KINE 1503 Yoga (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

### **KINE 1504 Intramurals (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

### **KINE 1505 Jogging (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

### **KINE 1506 Walking (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

### **KINE 1507 Bicycling (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

### **KINE 1510 Judo (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

### **KINE 1512 Weight Training (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

### **KINE 1513 Swim Fitness (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

### **KINE 1514 Indoor Cycling (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

### **KINE 1515 Interval Training (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

### **KINE 1516 RIPPED (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

### **KINE 1517 Triathlon (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

### **KINE 1520 Lifeguard Training (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

### **KINE 1522 Water Polo (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

### **KINE 1523 Dance (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

### **KINE 1524 Archery (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

## **KINE 1525 Badminton (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

## **KINE 1526 Tennis (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

## **KINE 1527 Ultimate Frisbee (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

## **KINE 1530 Kickboxing (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

## **KINE 1532 Soccer (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

## **KINE 1533 Volleyball (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

## **KINE 1534 Wrestling-Fundamental Skills (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

## **KINE 1535 Cardio Combat (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

## **KINE 1536 Introduction to Team Sports (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

## **KINE 1537 Climbing 101 (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

## **KINE 1542 Bootcamp (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

## **KINE 1543 Karate (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

## **KINE 1544 Introduction to Scuba Diving (2)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

## **KINE 1545 Foundations of Functional Movement (1)**

Instruction in a variety of sports and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

## **KINE 1546 Beginning Swim (1)**

Instruction in a variety of sports, recreational and fitness activities. Offered on a credit, no-credit basis only. May repeat up to 8 units.

## **KINE 2000 Introduction to Kinesiology (3)**

An introduction to the interdisciplinary approach to the study of human movement. An overview of the importance of sub-disciplines in kinesiology will be discussed along with career opportunities in the areas of teaching, coaching, allied health and fitness professions. Lecture/discussion. This course is a prerequisite to all core KINE courses 3000-level and above (can be taken concurrently). Therefore, it should be taken as soon as possible within the required coursework. Prerequisites: GE A2, declared KINE major and sophomore standing.

## **KINE 2100 Sports Medicine I - Care and Prevention of Athletic Injuries (3)**

An introductory course for prospective athletic trainers, coaches, physical educators, and exercise physiologists to provide basic knowledge and skill in the care and prevention of athletic and physical activity related injuries. Emphasis is placed on qualities of a good athletic trainer, avoiding accidents and injuries, recognizing signs and symptoms of specific sports injuries and conditions, immediate and long-term care of injuries, and administration procedures in athletic training to include legal and ethical responsibilities. Lab fee required. Two units of lecture/discussion; one unit of lab.

### *Upper Division*

## **KINE 3000 Motor Growth and Development Across the Lifespan (3)**

This course examines the study of the relationship between physical growth, motor development, motor behavior and motor performance of individuals from infancy through old age, with emphasis on age, gender, and mental/physical limitations. Two units of lecture/discussion; one unit of lab. Prerequisites: GE A4; Prerequisite or corequisite: KINE 2000.

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## **KINE 3010 Measurement and Evaluation in Kinesiology (3)**

A study of measurement and evaluation procedures used in physical education, exercise science, and other fields within kinesiology. Emphasis is placed on application of statistical procedures and various measurement instruments/techniques, as well as interpretation of measurement results. Two units of lecture/discussion; one unit of lab. Prerequisite: GE A4; Prerequisite or corequisite: KINE 2000.

## **KINE 3020 Psychology of Sport and Physical Activity (3)**

This course examines the study of psychological and sociological factors as they relate to play, sport, physical activity, and fitness. The course is designed to promote an understanding of the concepts and applied principles of sport and exercise psychology and related psychosocial variables. Findings and principles from the sport and exercise psychology literature will be applied to sport and physical activity participants. Lecture/discussion. Prerequisite: KINE 2000.

## **KINE 3030 Applied Kinesiology (4)**

The course will include a study of the structural and functional components of the musculoskeletal system. An emphasis will be placed on the bony landmarks, muscle origin, insertion, actions, and innervations. Applying this to the role of each muscle contributes to movement and forms the foundation for understanding the mechanics of assessing and evaluating human and sport related motion.

## **KINE 3040 Physiology of Exercise (4)**

This course is an introductory study of human physiological responses and adaptations to acute and chronic exercise. Emphasis is placed on relevant information; such as proper exercise to promote/ develop fitness, and its practical application in physical education, fitness, and athletic training settings. Three units of lecture/discussion; one unit of lab. Lab fee required. Prerequisites: BIOL 2220, GE A4; Prerequisite or corequisite: KINE 2000.

## **KINE 3100 Sports Medicine II: Therapeutic Modalities (3)**

An advanced course for prospective athletic trainers, coaches, physical educators, and exercise physiologists to provide knowledge and skill in the application and clinical decision-making processes for utilizing therapeutic modalities during rehabilitation. Emphasis is placed on physiological mechanisms of tissue injury, inflammatory response, healing process and neurophysiology applied to musculoskeletal injuries and their treatment. Two units lecture/discussion; one-unit lab. Lab fee required. Prerequisite: KINE 2100 or equivalent.

## **KINE 3118 Epidemiology and Wellness (3)**

Study of the biologic, behavioral, social and environmental distribution and determinants of health, disease, disability, morbidity and mortality in human populations. Emphasis is on current research designs used to explore the variation of

disease occurrence in order to understand the causes of disease. Findings are applied to disease prevention and health promotion. Lecture/discussion. Satisfies general education Quality of Life and upper division Area D.

## **KINE 3120 Nutrient Utilization for Human Performance and Sport (3)**

Exploration of macronutrients, micronutrients, nutritional ergogenic aids, cardiovascular disease prevention and sports performance in humans. Content focuses on fluid/electrolyte balance, vitamin metabolism, antioxidant nutrients, and special nutritional needs of female athletes in the context of the female athlete triad. Students will also learn methods for assessing current nutritional status. Three units of lecture/discussion. Prerequisite: BIOL 2220.

## **KINE 3130 Leadership and Teaching of Group Fitness (3)**

The course will study principles and methods of group exercise leadership and instruction. Primary focus will be on exercise programming, teaching methods, technique evaluation and supervision. Course includes active participation in a variety of labs that focus on group exercise modalities. Two units lecture/discussion; one-unit lab.

## **KINE 3300 Sociology of Sport (3)**

A sociological examination depicting the rise of sport in contemporary society related to but not limited to sport in society, the scope and effect of sport on society (e.g., civic engagement, education, health), sport as an institution, sport and culture, and the future of sports will be explored. Lecture/discussion.

## **KINE 3310 Legal and Ethical Issues in Physical Activity Settings (3)**

This course provides an extensive overview of logical principles and ethical issues in sport and physical activity. The different fields of law and issues related to sport and physical activity (e.g., Federal Amendment, contract) are introduced. Additionally, the basic issues concerning ethics in sport and physical activity settings are examined. Lecture/discussion.

## **KINE 3320 Motor Learning (3)**

A study of selected factors that influence the acquisition and retention of gross and fine motor skills, with emphasis on theoretical models of motor control and learning and the role of motor and sensory systems. Two units of lecture/discussion; one unit of lab. Prerequisite: GE A4.

## **KINE 3330 Psychology of Coaching (3)**

Provides a foundation in coaching philosophy; communication and motivation principles; effective sport skills instructions; and player, team, and self-management. Through examination, students earn California Interscholastic Federation (CIF)/ American Sport Education Program (ASEP) Bronze Level 1 Coaching Certification. Lecture/discussion.

**KINE 3338 Women, Sport and Physical Activity (3)**

Course will examine differences and commonalities of cultural sub-groups of women nationally and internationally in sport and how it intersects gender with age, socio-economic status, race and ethnicity and politics. Designed to broaden the understanding of and appreciation of diverse cultures as it relates to women's participation in sport through study of the historical, psychological, economic, media representation, and biomedical components. Lecture/discussion. Prerequisite: Junior standing. Satisfies a Women's Studies Minor course requirement and general education requirement JYDR.

**KINE 3340 Child and Adolescent Physical Activity and Health (3)**

This course is designed to provide preservice elementary classroom teachers with an understanding of developmentally and instructionally appropriate physical education and health for children. Students develop an understanding of the curricular concepts and teaching techniques in physical education and health (e.g., nutrition, the physiological and sociological effects of abuse of alcohol, narcotics, and drugs and the use of tobacco) through reading, lecture/discussion, movement experiences, peer-teaching, and field experience. Two units of lecture/discussion, one unit of lab. Lab fee required.

**KINE 4110 Exercise Prescription for Health and Performance (3)**

A study of the development of appropriate individualized exercise prescriptions for health and performance. Application is made to athletic, normal, and diseased populations. Lab fee required. Two units lecture/discussion; one-unit lab. Prerequisite: KINE 3040.

**KINE 4120 Principles of Strength and Conditioning (3)**

Analysis and application of scientific and practical foundations of strength and conditioning techniques and program design for diverse populations. Designed to prepare students for the National Strength and Conditioning Association's Certified Strength and Conditioning Specialist (NSCA-CSCS) test for national certification. Two units lecture/discussion; one-unit lab. Prerequisite: KINE 3040.

**KINE 4130 Biomechanics of Exercise and Sport (4)**

The study of basic qualitative and quantitative biomechanical principles and concepts and their application in the analysis of various human movements ranging from everyday activities to those that are sport-specific. Lab fee required. Three units lecture/discussion; one-unit lab. Prerequisite: KINE 3030.

**KINE 4140 Advanced Physiology of Exercise (4)**

An advanced study of human physiological adaptations to acute and chronic exercise in the context of research design, implementation, and presentation. Emphasis is placed on a more detailed study of topics covered in the introductory physiology of exercise course (KINE 3040) along with a study

of new topics relevant to a broader understanding of exercise physiology. Laboratory experiences reinforce lecture content as well as introduce students to equipment and procedures utilized in various professional and research applications. Lab fee required. Three units of lecture/discussion; one unit of lab. Prerequisite: KINE 3040.

**KINE 4150 Clinical Exercise Physiology (4)**

A study of the impact of exercise on health and prevention or alleviation of chronic disease. Includes application of principles and techniques for valid, reliable, and safe testing of health fitness, performance fitness, and functional capacity (clinical testing) for various populations. Lab fee required. Three units of lecture/discussion; one unit of lab. Prerequisite: KINE 3040.

**KINE 4160 Exercise and Aging (3)**

An examination of normal and diseased aging and the effects of physical activity on maintaining functional independence and a quality of life in older adults. Topics explored include physiological responses to acute and chronic exercise, the benefits and risks of physical activity, and life course barriers to active living specific to older adults. Lecture/discussion. Prerequisite: KINE 3040.

**KINE 4170 Worksite Health Promotion (3)**

Course will examine models for planning, implementing and evaluating worksite health promotion programs. The course will focus on the essential elements of a worksite health promotion program that includes benefits, barriers and incentives for health promotion services and policies. Lecture/discussion.

**KINE 4210 Administration and Management of Physical Activity Programs (3)**

This course is designed to provide students with an overview of administration and management theories and implementation of fitness, sports, and physical activity programs in the community with respect to managing operations, developing and managing financial resources, and managing human resources. Topics covered also include club industry, recreational sports industry, youth sports in America, and campus, community, and military recreation. Lecture/discussion.

**KINE 4220 Behavioral Aspects of Physical Activity and Exercise (3)**

Theoretical foundation of behavior change, specific strategies, tools and methods to motivate individuals to be physically active and sustain long-term lifelong physical activity. Lecture/discussion.

**KINE 4230 Physical Activity for Special Populations (3)**

The purpose of the course is to provide an excellent resource for physical activity practitioners or students preparing to work with diverse populations in schools, fitness facilities, community recreation sites, and sport programs. This course



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shows how to provide optimal programming for all individuals (regardless of capability) so they can be healthy and active throughout the life-span. Two units lecture/discussion; one-unit lab.

### **KINE 4240 Techniques of Teaching Lifelong Physical Activity (3)**

This course is designed to help students understand, implement, and instruct lifetime physical activities in various settings. Students develop instructional skills in teaching a variety of physical activities (e.g., individual activities, dual games, invasion games, and non-traditional activity). The emphasis of the course will be on understanding and developing pedagogical skills in physical activity and fitness through reading, lecture/discussion, movement experiences, field observation and peer-teaching. Lab fee required. Two units lecture/discussion; one-unit lab.

### **KINE 4250 Physical Activity for Diverse Lifespan Populations (3)**

This course will explore physical activity opportunities through human lifespan development as well as for diverse populations. Emphasis of the course will be on an understanding of physical activity specific needs of children, adolescents, adults, women, overweight and obese individuals, old adults, and minority. Two units lecture/discussion; one-unit lab. Prerequisite: KINE 3010.

### **KINE 4800 Directed Research (1-3)**

Individual research under the supervision of faculty. May include research in the areas of curriculum and materials development. Although repeatable, a maximum of three units may be applied to the major or minor. Consent of instructor required.

### **KINE 4850 Individual Study (1-3)**

Exploration of a specific topic, primarily through directed research or assignments with a professor. Prerequisites: consent of instructor and approval of both the Department Chair and Dean of the School of Social Science and Education. [By Petition]

### **KINE 4868 Internship and Capstone (3)**

Supervised intern experience within a university program, agency, business, or industry for the purpose of acquiring additional knowledge and skills desirable for professional development in kinesiology. Specific requirements for academic credit will be developed and evaluated by a department faculty mentor and the field supervisor. Additionally, the course will help students understand how general education courses contributed to their professional development. This course satisfies general education requirement Capstone. Prerequisites: Declared KINE major, Senior status and completion of two of UDB, UDC, UDD.

### **KINE 4870 Cooperative Education (1-3)**

The Cooperative Education program offers a sponsored learning experience in a work setting, integrated with a field analysis seminar. The field experience is contracted by the Cooperative Education Office on an individual basis, subject to approval by the department. The field experience, including the seminar and reading assignments, is supervised by the cooperative education coordinator and the faculty liaison (or course instructor), working with the field supervisor. The determination of course credits, evaluation, and grading are the responsibility of the departmental faculty. Offered on a credit, no-credit basis only. The department will determine application of credit. [By Petition]

### **KINE 4890 Experiential Prior Learning (1-3)**

Credit for learning gained through prior off-campus experience related to the curriculum of the department. Requires documentation and department chair approval. Offered on a credit, no-credit basis only. This course is repeatable for a maximum of three units. [By Petition]