

# KINESIOLOGY (KIN)

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**KIN G100** 3 Units (54 lecture hours)

**Introduction to Kinesiology**

**Grading Mode:** Standard Letter

**Transfer Credit:** CSU; UC.

This course is an introduction to the interdisciplinary approach to the study of human movement. An overview of the sub-disciplines (e.g. physiology, biomechanics, exercise & sport psychology) in kinesiology will be provided along with career opportunities in the areas of teaching, coaching, allied health, and fitness professions. Courses in lifelong learning and self-development provide the opportunity to equip learners for lifelong understanding and development of themselves as integrated physiological, social, and psychological beings. Graded. **C-ID:** KIN 100.

**KIN G101** 3 Units (54 lecture hours)

**First Aid/Cardio-Pulmonary Resuscitation**

**Grading Mode:** Standard Letter

**Transfer Credit:** CSU; UC: Credit Limitation: KIN G101 and KIN G281 combined: maximum credit, 1 course.

A course in CPR (cardio-pulmonary resuscitation), AED (Automated External Defibrillator) and basic first aid. Emphasizes injury prevention, early medical care, first aid for common injuries and life saving skills. Successful completion qualifies a student for the American Red Cross Standard First Aid Card, and CPR Certification. Graded. **C-ID:** KIN 101.

**KIN G110** 3 Units (54 lecture hours)

**Mental Skills for Performance**

**Grading Mode:** Standard Letter

**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these KIN, PE Theory courses combined: maximum credit, 8 units

Students will develop an understanding of the mental aspects of performance in sport and other areas of life and learn mental skills that can be used to enhance performance. This course will cover theory and application of how performance impacts one's psychology, as well as how one's psychology impacts performance. Graded.

**KIN G279** 3 Units (54 lecture hours)

**Sports Management**

**Grading Mode:** Standard Letter

**Transfer Credit:** CSU.

This course covers the professional skills and mindset of successful sport managers including community and youth sport, intercollegiate sport, professional sport, facility and event management and legal considerations in sport management. Graded.

**KIN G281** 3 Units (54 lecture hours)

**Prevention and Care of Athletic Injuries**

**Grading Mode:** Standard Letter

**Transfer Credit:** CSU; UC: Credit Limitation: KIN G101 and KIN G281 combined: maximum credit, 1 course.

This course applies the basic principles of anatomy, physiology, pathology and biomechanics to athletic injuries. Content includes introduction and application of basic principles to the prevention, assessment, treatment, and rehabilitation of athletic injuries. Graded.