

KINESIOLOGY (KIN)

KIN A102 **3 Units (54 lecture hours)**
Medical Terminology
Advisory: BIOL A221.

Grading Mode: Standard Letter
Transfer Credit: CSU.

Development of a medical vocabulary emphasizing building of terms utilizing prefixes, combining forms & suffixes. Includes symptomatic, therapeutic, diagnostic, operative & related diagnostic testing terms. Students learn the meaning & spelling of medical terms with application of terms to comprehend medical record documents. This course may also be offered online. Same as ALH A111. Students who complete ALH A111 may not enroll in KIN A102.

KIN A103 **0.5 Units (9 lecture hours)**
Basic Life Support CPR (AHA)
Grading Mode: Standard Letter
Transfer Credit: CSU.

American Heart Association (AHA) Basic Life Support cardiopulmonary resuscitation (CPR) with AED certification course. Instruction and practice in the identification and the care of cardiac arrest and choking in adults, children, and infants. AHA BLS Provider cards issued for those who meet competency standards. This course meets a requirement for students entering into cohorts within the Allied Health department and the various programs including Emergency Medical Technician, Sonography and other Allied Health education programs. It is recommended that students verify with their employer or program to ensure this course meets the requirement for the certification needed.

KIN A105 **0.5-2.5 Units (5.4-27 lecture hours; 12.6-63 lab hours)**
Cardiovascular Fitness
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Cardiovascular exercise program. Stretching, fast-walk, jogging, and running programs will be set up on an individual basis. Pulse monitoring, nutrition, and strength will also be emphasized. Explores the relationship between fitness and health related topics to improve, be part of, and maintain a wellness lifestyle. This course may also be offered online. Graded or Pass/No Pass option.

KIN A106 **1-2 Units (9-18 lecture hours; 27-54 lab hours)**
Weight Training Level 1
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

The student will learn the basic principles of weight training and exercises and be able to demonstrate proper biomechanics of weight training exercises. May be taken for grades or on a pass-no pass basis.

KIN A107 **0.5-3 Units (5-32 lecture hours; 13-76 lab hours)**
Fitness Programs I
Grading Mode: Pass/No Pass
Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Allows a student to use the OCC Cardiovascular lab and attend other daytime activity classes with instructor permission. Students must make selections from a series of computer-analyzed fitness and lifestyle evaluations, as well as attend seminars on physical fitness and wellness. Students are required to attend a one-hour orientation. Offered on a pass-no pass basis only.

KIN A108 **0.5-3 Units (4.5-27 lecture hours; 13.5-81 lab hours)**
Strength and Conditioning
Grading Mode: Pass/No Pass
Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Individual strength and conditioning programs. Workouts must be done in the Fitness Complex. Students are required to attend a one-hour orientation. Offered on a pass-no pass basis only.

KIN A109 **0.5-3 Units (5-32 lecture hours; 13-76 lab hours)**
Cardiovascular Training and Strength Development Level 1
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU; UC.

This course is designed for the beginning student who is interested in muscular strength/endurance and cardiovascular fitness training to improve general body strength and endurance. Each student will develop an individual fitness and/or strength program with specific performance goals. Safety procedures and protocols through use of cardiovascular and weight training equipment. Graded or Pass/No Pass option.

KIN A110 **1-2 Units (9-18 lecture hours; 27-54 lab hours)**
Walking for Fitness Level 1
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

This course is designed to provide an introduction to walking as a cardiovascular fitness activity. Topics to be discussed will include proper walking techniques; fitness program design and evaluation; equipment and safety; persistence and motivation; and nutrition basics. Graded or Pass/No Pass option.

KIN A111 1-2 Units (9-18 lecture hours; 27-54 lab hours)**Step Cardio & Core Level 1****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Contemporary workout designed to improve participant's strength and cardiovascular fitness level through steady-state stepping movements. The student will be exposed to a graduated continuous system of rhythmic stepping at various platform heights, emphasizing strength, flexibility, and endurance, which are basic components of physical fitness. Graded or Pass/No Pass option.

KIN A112 1-1.5 Units (9-13.5 lecture hours; 27-40.5 lab hours)**Body Sculpting Level 1****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Body sculpting is a contemporary workout designed to improve each participant's muscular tone, strength, endurance and flexibility. The student will be introduced to a graduated continuous system of sculpting the body through the use of various resistance techniques. Graded or Pass/No Pass option.

KIN A114 1-2 Units (9-18 lecture hours; 27-54 lab hours)**Cardio-Kick Boxing Level 1****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Designed for students with beginning and intermediate kickboxing ability. Students will learn and improve on a series of combative boxing and kickboxing maneuvers (mainly kicking and punching movements). The objectives of these movements (as well as combinations of them) is to improve cardiovascular and muscular endurance, speed, strength, power, agility and flexibility. In conjunction with improvements in general fitness, this practice of self-defense aims to reduce stress, and improve cognitive processes and focus. Graded or Pass/No Pass option.

KIN A115 1-2 Units (9-18 lecture hours; 27-54 lab hours)**Cross Training Level 1****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

A multi dimensional approach to total body fitness and wellness. Cross training will encompass aerobics, running and weight training, and provide the student the opportunity to develop and maintain a complete conditioning program which balances cardiovascular conditioning, strength, flexibility, and coordination. Graded or Pass/No Pass option.

KIN A118 0.5-3**Units (5-32 lecture hours; 13-76 lab hours; 10-64 other hours)****Strength and Conditioning Level 2****Grading Mode:** Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

This course is designed to help students develop their physical strength through weight lifting. Students practice advancing methods and techniques of weight lifting and develop an individual program to improve their strength. Offered on a pass-no pass basis only.

KIN A119 0.5-3 Units (4.5-27 lecture hours; 13.5-81 lab hours)**Cardiovascular Training and Strength Development Level 2****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

This combination of lecture/lab course is designed to develop and encourage healthy attitudes and habits with regards to cardiovascular efficiency, body composition, muscular strength and endurance, and flexibility. The course covers the safe use of the equipment, learns the components of a balanced fitness program, basic nutrition, and pre and post-testing for physical fitness. Students use state of the art weight training and cardiovascular equipment to enhance their fitness levels. Graded or Pass/No Pass option.

KIN A124 1-2 Units (9-18 lecture hours; 27-54 lab hours)**Hiking****Grading Mode:** Standard Letter**Transfer Credit:** CSU.

Instruction and practice in basic knowledge of and exposure to a variety of trails around Costa Mesa while learning about trail etiquette, mental strength techniques, safe movement patterns, nutrition, and the basic gear necessary for trail hiking. Trail awareness, safety and risk awareness, maintenance of environment and trails, terrain recognition and navigation, and proper hydration will be discussed and experienced. Students are responsible for their own transportation to local hiking trails.

KIN A125 1-2 Units (9-18 lecture hours; 27-54 lab hours)**Self Defense for Women****Grading Mode:** Standard Letter**Transfer Credit:** CSU; UC.

This course is designed for students as an introduction to basic self-defense skills. This includes basic principles of practical personal protection for women with an emphasis on awareness and prevention of situations that may leave a person vulnerable to crime, especially rape. Will explore escape and avoidance strategies, offensive and defensive postures, defensive techniques, and simulated attacks. The course will also examine community services available for both violence prevention and victim abuse services. Finally, fitness principles, such as strength, flexibility, and cardiovascular fitness, will be addressed, particularly in regard to the impact of personal fitness on one's ability to perform the self-defense skills presented in class.

KIN A126 0.5-1.5 Units (4.5-13.5 lecture hours; 13.5-40.5 lab hours)**Aikido****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Aikido is a Japanese art of self defense which is both non aggressive and non competitive. Besides offering students a method of self defense and all around physical conditioning, Aikido contributes greatly to self confidence. In addition, it teaches patience, self discipline, awareness, and respect. Graded or Pass/No Pass option.

KIN A127 0.5-1.5 Units (4.5-13.5 lecture hours; 13.5-40.5 lab hours)**Karate****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

The study of the elements of Karate, with an emphasis on Karate basics through advanced fundamentals, Kata, and sparring (including Kumite). Karate students progress from beginning fundamentals to intermediate techniques. Graded or Pass/No Pass option.

KIN A128 0.5-1.5 Units (4.5-13.5 lecture hours; 13.5-40.5 lab hours)**Hatha Yoga - Level I****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Yoga postures, breathing, concentration/meditation, and relaxation techniques will be presented as a method of personal development encompassing body, mind, and spirit. Graded or Pass/No Pass option.

KIN A129 0.5-2 Units (4.5-18 lecture hours; 13.5-54 lab hours)**T'ai Chi Chih****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

The study and practice of Tai Chi Chih, a newly developed system of the Qigong discipline based upon ancient principles. It consists of 20 movement patterns designed to generate, circulate and harmonize internal energy flows for health enhancement. Graded or Pass/No Pass option.

KIN A130 0.5-1.5 Units (4.5-13.5 lecture hours; 13.5-40.5 lab hours)**Aqua Fitness****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

A course designed to improve physical fitness through an in-water, flotation- assisted workout which is designed to increase flexibility, muscle tone, aerobic conditioning, and physical rehabilitation. Graded or Pass/No Pass option.

KIN A131 1-2 Units (9-18 lecture hours; 27-54 lab hours)**Swimming for Fitness Level 1****Prerequisite(s):** Ability to swim; This skill will be validated the first week of class.**Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Explains the theories and teaches the skills necessary to achieve fitness through swimming. Swimming programs are designed to attain desired levels of cardiovascular efficiency. Graded or Pass/No Pass option.

KIN A132 1-2 Units (9-18 lecture hours; 27-54 lab hours)**Swimming Level 1****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Instruction and practice in basics of freestyle, breast stroke, and backstroke, as well as breathing skills, while improving cardiovascular endurance. Graded or Pass/No Pass option.

KIN A136 1 Unit (9 lecture hours; 27 lab hours)**Introduction to Sailing****Prerequisite(s):** Ability to swim 50 yards and tread water for five minutes.**Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Introduces the novice to the fundamentals of sailing through dockside lectures and hands-on experience in Lido 14 dinghies. Points of sail, basic terminology, tacking, jibing, theory, and safety are emphasized. Same as MARA A136. Students completing KIN A136 may not receive credit for MARA A136. Graded or Pass/No Pass option.

KIN A137 1 Unit (9 lecture hours; 27 lab hours)**Introduction to Keel Boats****Prerequisite(s):** KIN A136 or MARA A136 or equivalent experience; and the ability to swim 50 yards and tread water for five minutes; and basic sailing ability; These skills will be validated the first week of class.**Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Introduces the intermediate sailor to the fundamentals of sailing through dockside lectures and hands-on experience in Shields 30 sloops. Points of sail, basic terminology, tacking, jibing, theory, and safety are emphasized. Same as MARA A137. Students completing KIN A137 may not receive credit for MARA A137. Graded or Pass/No Pass option.

KIN A138 1 Unit (9 lecture hours; 27 lab hours)**Introduction to Ocean Sailing**

Prerequisite(s): Ability to swim 50 yards and tread water for five minutes; knowledge of basic sailing principles; These skills will be validated the first week of class.

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Introduces the fundamentals of ocean sailing through dockside lectures and hands-on experience aboard large sailing vessels. Sail handling, winch operation, steering, reefing, line handling are emphasized. Same as MARA A138. Students completing KIN A138 may not receive credit for MARA A138. Graded or Pass/No Pass option.

KIN A141 2 Units (18 lecture hours; 54 lab hours)**Surfing and Ocean Safety Level 1**

Prerequisite(s): Students must be able to swim continuously and unassisted for 15 minutes (any stroke permitted) followed immediately by 5 minutes of treading water; total of 20 minutes in water without holding on to any object; Testing administered first day of class; Students to provide swimsuit and towel; swim goggles optional.

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Designed to teach the fundamentals of board surfing and provide beginning surfers the opportunity to safely learn and improve the skills to ride waves. Introduction of paddling, wave selection, equipment, tides, current, and ocean safety are emphasized. Graded or Pass/No Pass option.

KIN A142 1-2 Units (4.5-9 lecture hours; 40.5-90 lab hours)**Snowboarding Level 1**

Grading Mode: Standard Letter

Transfer Credit: CSU; UC.

This course covers the basic skills necessary for safe and fun snowboarding on the appropriate terrain for a beginning-level snowboarding student. Students will also learn heel and toe side edge control turns for control on beginning and beginning/intermediate terrain. The variables of terrain, weather, and snow conditions will also be addressed. This class will take place over 4 different days. Students will be responsible for their own travel to/from local resort, their own equipment as well as full-day lift tickets.

KIN A143 1-2 Units (4.5-9 lecture hours; 40.5-90 lab hours)**Snowboarding Level 2**

Advisory: KIN A142.

Grading Mode: Standard Letter

Transfer Credit: CSU.

This course will refine some of the basic snowboarding skills learned in the Snowboarding Level 1 course. Students will be taught how to link beginning turns with rhythm and control on intermediate and beginning advanced terrain. This course stresses safe boarding with improvement in skill applications. The variables of weather and snow conditions will also be addressed. This class will take place over 4 different days. Students will be responsible for their own travel to/from local resort, their own equipment as well as full-day lift tickets.

KIN A145 0.5,1 Units (4.5-9 lecture hours; 13.5-27 lab hours)**Badminton Level 1**

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Develop skills necessary to participate in the game of badminton. Skill development will include instruction on: rules, grip, strokes, etiquette, and basic strategies to compete in singles and doubles. Graded or Pass/No Pass option.

KIN A146 1-1.5 Units (9-13.5 lecture hours; 27-40.5 lab hours)**Tennis Level 1**

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Instruction and practice in the essential stroke skills, rules, etiquette and competition in singles and doubles for the beginning and intermediate levels. Graded or Pass/No Pass option.

KIN A147 1-2 Units (9-18 lecture hours; 27-54 lab hours)**Table Tennis Level 1**

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Introduction and practice in the essential stroke skills, rules, etiquette, and competition in singles and doubles. Graded or Pass/No Pass option.

KIN A148 1-2 Units (9-18 lecture hours; 27-54 lab hours)**Pickleball**

Grading Mode: Standard Letter

Transfer Credit: CSU.

Instruction and practice in the basic knowledge and skills to play Pickleball. Technical skills include forehand and backhand groundstrokes, volleys, serves, lobs, overheads, dinks, and proper footwork. Students will also learn the fundamental rules, basic strategies, and court positioning for singles and doubles play. Basic fitness and training principles will be discussed as applicable to the sport of Pickleball.

KIN A149 1-2 Units (9-18 lecture hours; 27-54 lab hours)**Snorkeling****Prerequisite(s):** Being able to swim is a prerequisite for this course.**Grading Mode:** Standard Letter**Transfer Credit:** CSU.

Instruction and practice in basic knowledge of snorkeling competence while presenting strategies for experiencing the sport in a self-contained or closed environments and ocean environments. The course trains students in proper use of equipment, breathing and surface techniques, and methods of submerging in shallow areas. Awareness of currents, bottom conditions, ocean entry strategies based on conditions, aquatic life identification, and safety practices are studied and discussed.

KIN A150 0.5-1.5 Units (4.5-13.5 lecture hours; 13.5-40.5 lab hours)**Basketball****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Instruction and practice in the essential skills, rules, etiquette and competition necessary for beginning/intermediate basketball. This is a coed class designed for recreational players. Graded or Pass/No Pass option.

KIN A151 1-2 Units (9-18 lecture hours; 27-54 lab hours)**Futsal/Indoor Soccer Level 1****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Designed for men and women with beginning, intermediate, and advanced soccer ability. Students will improve skills through application of rules, theory and study, improve flexibility and endurance training, and participate in drills, Futsal/indoor soccer scrimmages and games. Will explore the relationship between fitness and health related topics to improve, be part of, and maintain a wellness lifestyle. Graded or Pass/No Pass option.

KIN A152 1-2 Units (9-18 lecture hours; 27-54 lab hours)**Soccer Level 1****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Designed for beginning, intermediate, and advanced soccer players. Students will improve skills through application of rules and theory increase flexibility and endurance, and participate in drills, scrimmages and games. This course will explore the relationship between fitness and health related topics to improve, be part of, and maintain a wellness lifestyle. Graded or Pass/No Pass option.

KIN A153 1-2 Units (9-18 lecture hours; 27-54 lab hours)**Golf Level 1****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Beginning levels of instruction in putting, chipping, pitching, sand shots and full swing fundamentals with emphasis placed on grip and stance. Students will gain an appreciation and respect for the game, with emphasis on fundamentals necessary for success as a beginning level. Graded or Pass/No Pass option.

KIN A154 1-1.5 Units (9-13.5 lecture hours; 27-40.5 lab hours)**Volleyball Level 1****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Development of skills necessary to participate in a game of volleyball at the beginning and intermediate levels. Graded or Pass/No Pass option.

KIN A156 0.5-2 Units (4.5-18 lecture hours; 13.5-54 lab hours)**Rock Climbing Level 1****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Basic climbing techniques and safety fundamentals prepare the student for participation in rock climbing. Securing the climbing harness properly, properly tying to the harness, proper use of climbing commands, safety falling, and arresting falls will be covered. A fee for use of an off-campus facility will be required. Graded or Pass/No Pass option.

KIN A157 1-2 Units (4.5-9 lecture hours; 40.5-81 lab hours)**Sand Volleyball****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU.

This is an introductory course to the fundamentals of sand volleyball including serving, passing, spiking and digging. Students will learn rules and court strategy for playing the game. Graded or Pass/No Pass option.

KIN A158 1-2 Units (9-18 lecture hours; 27-54 lab hours)**Flag Football Level 1****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

This course is designed for students who have little to no football playing experience. This course will teach the fundamentals of football and provide beginners with a safe environment to learn the game. Students will learn basic football terminology, philosophy, schemes, and learn new skills required to play the game. Students will also learn the important of nutrition and teamwork. The course will be a combination of classroom time and field work. Students will be expected to apply information learned in the classroom onto the field. Graded or Pass/No Pass option.

KIN A159 1-2 Units (9-18 lecture hours; 27-54 lab hours)**Lacrosse Level 1****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

The purpose of this course is to provide an introduction to the basic skills, rules, and game tactics of lacrosse. In addition to skill acquisition, the course will focus on specific stages of skill development during modified games through the use of extending, refining, and application tasks and skills of lacrosse. Topics to be discussed and experienced include stick handling, small group game tactics, rule application scenarios, exercise and conditioning, and active participation. Graded or Pass/No Pass option.

KIN A170 0.5-1.5 Units (4.5-13.5 lecture hours; 13.5-40.5 lab hours)**Adapted Strength Training****Grading Mode:** Pass/No Pass, Standard Letter**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course is designed for students with physical disabilities requiring an individualized exercise program. Instruction and practice in individualized weight training and resistive exercises will be given for improvement in muscular strength, endurance, and flexibility. Graded or Pass/No Pass option.

KIN A171 0.5-1.5 Units (4.5-13.5 lecture hours; 13.5-40.5 lab hours)**Adapted Individual Sports - Bowling****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

This course is designed for students with physical disabilities who can benefit from instruction and practice in the methods, techniques, and rules of bowling. Adapted bowling equipment is available for student use. Class will meet at a local bowling alley. A fee is required to cover use of lanes, shoes, and equipment. May be taken for grades or on a pass-no pass basis.

KIN A172 0.5-1.5 Units (4.5-13.5 lecture hours; 13.5-40.5 lab hours)**Adapted Aquatics****Grading Mode:** Pass/No Pass, Standard Letter**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Designed for students with physical disabilities who can benefit from individualized exercises and swimming in the pool. Instruction and practice in swimming skill development and improvement, exercises in strength and flexibility, and gait training will be offered. This course may be taken four times.

KIN A173 0.5-1.5 Units (4.5-13.5 lecture hours; 13.5-40.5 lab hours)**Adapted Strength and Balance****Grading Mode:** Pass/No Pass, Standard Letter**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course is for students with physical disabilities who want to learn methods of increasing stability, decreasing fear, improving posture, recovering loss of balance & getting up from a fall. Students must participate in all challenges & balance assessments. Graded or Pass/No Pass option.

KIN A174 0.5-1.5 Units (4.5-13.5 lecture hours; 13.5-40.5 lab hours)**Adapted Cardiovascular Fitness****Grading Mode:** Pass/No Pass, Standard Letter**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course is designed for students with physical disabilities who can benefit from an individualized cardiovascular exercise program. Instruction and practice in cardiovascular activities using a variety of ergometry equipment will be given. Graded or Pass/No Pass option.

KIN A175 0.5-1.5 Units (4.5-13.5 lecture hours; 13.5-40.5 lab hours)**Adapted Aerobic Exercise****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course is designed for students with physical disabilities who can benefit from a sustained cardiorespiratory exercise program. Graded or Pass/No Pass option.

KIN A176 0.5-1.5 Units (4.5-13.5 lecture hours; 13.5-40.5 lab hours)**Adapted Stretching****Grading Mode:** Pass/No Pass, Standard Letter**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course is designed for students with physical disabilities who can benefit from individualized stretching and muscular endurance activities. Activities are conducted both from a sitting position and lying down on mats. Relaxation techniques, pressure points, passive and resistive stretching, and exercises will be demonstrated and performed. Graded or Pass/No Pass option.

KIN A177 0.5-1.5 Units (4.5-13.5 lecture hours; 13.5-40.5 lab hours)**Adapted Yoga****Grading Mode:** Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course is designed for students with physical disabilities who can benefit from individualized yoga postures, meditation, breathing techniques, and visualization practices. Activities are conducted both from a sitting position such as a wheelchair and on mats. Emphasis is placed on the breath to movement technique. May be taken on a pass-no pass basis.

KIN A202 Introduction to Kinesiology Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC.	3 Units (54 lecture hours)	KIN A206 Weight Training Level 2 Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC.	1-2 Units (9-18 lecture hours; 27-54 lab hours)
<p>Introduction to the interdisciplinary approach to the study of human movement. An overview of the importance of the sub disciplines in kinesiology will be discussed. Exploration of career opportunities in areas related to sport, movement, exercise and fitness, including teaching, coaching, and fitness professions. Graded or Pass/No Pass option. C-ID: KIN 100.</p>		<p>The student will learn the intermediate to advanced principles of weight training and exercises and be able to demonstrate proper biomechanics of weight training exercises appropriate for the student who has experience in weight training. Graded or Pass/No Pass option.</p>	
KIN A203 First Aid and CPR Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC.	2 Units (36 lecture hours)	KIN A208 Strength and Conditioning Level 3 Prerequisite(s): KIN A108. Grading Mode: Pass/No Pass Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.	
<p>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. It is recommended that students verify with their employer or program to ensure this course meets the requirement for the certification needed. Graded or Pass/No Pass option. Formerly known as HLED A112.</p>		<p>Advanced Strength and conditioning programs. Workouts must be done in the Fitness Complex. Students must attend a one-hour orientation. Offered on a pass-no pass basis only.</p>	
KIN A204 Techniques and Theory of Coaching Athletes Grading Mode: Standard Letter Transfer Credit: CSU.	3 Units (54 lecture hours)	KIN A210 Walking for Fitness Level 2 Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.	
<p>This course is designed for students to explore career interest in coaching athletes; it is a core course for the coaching certificate program. Introduction of off season and in season training techniques, and game management and strategy, philosophies of coaching, skill and tactical plan development, student athlete motivation, and evidence-based coaching systems are evaluated.</p>		<p>This course is designed to provide continued improvement and understanding of the benefits of walking as a cardiovascular fitness activity. Topics to be discussed will include walking and power walking techniques; fitness program design and evaluation; equipment and safety; persistence and motivation; and nutrition basics. Graded or Pass/No Pass option.</p>	
KIN A205 Coaching Internship Prerequisite(s): KIN A203 and KIN A204. Grading Mode: Standard Letter Transfer Credit: CSU.	2-4 Units (18 lecture hours; 60-180 other hours)	KIN A214 Cardio Kickboxing Level 2 Grading Mode: Standard Letter Transfer Credit: CSU>	
<p>Coaching internship is designed to develop breadth and depth of a student's understanding and experience within coaching. The student will apply the knowledge and skills acquired in the athletic coaching certificate in a practical, supervised, and field-based setting. An emphasis will be placed on athlete/coach interaction, practice planning, game management, player development, and coaching managerial requirements. The practicum experience will focus on using basic coaching theory and principles under the guidance of a head coach. A California mandatory background check (live scan) fee may be required.</p>		<p>Designed for students with intermediate and advanced kickboxing ability. Students will learn and improve on a series of advanced combative boxing and kickboxing maneuvers (mainly kicking and punching movements). The objectives of these movements (as well as combinations of them) is to improve cardiovascular and muscular endurance, speed, strength, power, agility and flexibility. In conjunction with improvements in general fitness, this practice of self-defense aims to reduce stress, and improve cognitive processes and focus.</p>	

KIN A215 **1-2 Units (9-18 lecture hours; 27-54 lab hours)**
Cross Training Level 2
Advisory: KIN A115.

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Cross training is a multi-dimensional approach to total body fitness and wellness. This course will encompass an intermediate and advanced level of aerobics, running and weight training and provide the student the opportunity to develop and maintain a complete conditioning program which balances cardiovascular conditioning, strength, flexibility and coordination. Graded or Pass/No Pass option.

KIN A218 **0.5-3**
Units (5-32 lecture hours; 13-76 lab hours; 10-64 other hours)
Strength and Conditioning Level 4

Grading Mode: Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

This course is designed to help students develop with advanced instruction and sport specific practice in the techniques of developing muscle strength. Power lifting, resistance machines, free weights, and additional equipment will be utilized. Advanced training, principles, and theories. Offered on a pass-no pass basis only.

KIN A225 **1-2 Units (9-18 lecture hours; 27-54 lab hours)**
Self Defense for Women Level 2
Prerequisite(s): KIN A125.

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

This course is designed for students as an advanced set of self-defense skills. This includes review of basic principles of practical personal protection for women with an emphasis on awareness and prevention of situations that may leave a person vulnerable to crime, especially rape. Will explore advance escape and avoidance strategies, offensive and defensive postures, defensive techniques, and simulated attacks. This advanced class covers more prone defense strategies, multiple subject encounters and low and diffused light simulation exercises. The course will also examine community services available for both violence prevention and victim abuse services. Finally, fitness principles, such as strength, flexibility, and cardiovascular fitness, will be addressed, particularly in regard to the impact of personal fitness on one's ability to perform the self-defense skills presented in class. Graded or Pass/No Pass option.

KIN A228 **0.5-1.5 Units (4.5-13.5 lecture hours; 13.5-40.5 lab hours)**
Hatha Yoga Level II
Advisory: KIN A128 or instructor's consent.

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Yoga postures, breathing, concentration/meditation, and relaxation techniques will be presented as a method of personal development encompassing body, mind, and spirit. Intermediate yoga poses will be introduced and practiced. Graded or Pass/No Pass option.

KIN A231 **1-2 Units (9-18 lecture hours; 27-54 lab hours)**
Swimming for Fitness - Level 2

Prerequisite(s): Ability to swim, comfortable in deep water; This skill will be validated the first week of class.

Advisory: KIN A131.

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Explains the theories and teaches the intermediate and advanced skills necessary to achieve cardiovascular fitness through swimming. Introduction to the use of pace clocks, Heart Rate Target - Zone training, hand paddles and pool safety are emphasized. Swimming programs are designed to attain desired levels of cardiovascular efficiency. This is not a swim technique class. Course may be taken for grade or on a CR/NC basis. Graded or Pass/No Pass option.

KIN A232 **1-2 Units (9-18 lecture hours; 27-54 lab hours)**
Swimming Level 2
Advisory: KIN A132.

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Instruction and practice in intermediate to advanced techniques of freestyle, breast stroke, backstroke, and butterfly. Instruction and execution of thorough breathing skills, pulling ability and kicking propulsion while improving cardiovascular endurance. Graded or Pass/No Pass option.

KIN A241 2 Units (18 lecture hours; 54 lab hours)
Surfing and Ocean Safety Level 2

Prerequisite(s): Students must be able to swim continuously and unassisted for 15 minutes (any stroke permitted) followed immediately by 5 minutes of treading water; total of 20 minutes in water without holding on to any object; Testing administered first day of class; Students to provide swimsuit and towel; swim goggles optional.

Advisory: KIN A141.

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Designed to teach a higher level of fundamentals of board surfing and provide intermediate and advanced surfers the opportunity to safely learn and improve skills to ride more challenging waves. Analysis of paddling, wave selection, equipment, tides, currents, etiquette and water safety are emphasized. May be taken for grades or on a pass-no pass basis. Graded or Pass/No Pass option.

KIN A245 1-2 Units (9-18 lecture hours; 27-54 lab hours)
Badminton Level 2

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

This course is intended to develop intermediate-advanced level skills necessary to participate in the game of badminton. Skill development will include instruction on intermediate-advanced stroke analysis, specific singles and doubles tactics, offensive and defensive strategies, and competitive class match play. Graded or Pass/No Pass option.

KIN A246 1-1.5 Units (9-13.5 lecture hours; 27-40.5 lab hours)
Tennis Level 2

Advisory: KIN A146 or instructor consent.

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Instruction and practice of intermediate and advanced skills and strategies of tennis, including the analysis of self and opponent's play to become an effective competitor. Graded or Pass/No Pass option.

KIN A247 1-2 Units (9-18 lecture hours; 27-54 lab hours)
Table Tennis - Level 2

Advisory: KIN A147.

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Introduces and develops for the Intermediate and advance players the chop shot, loop and defensive strategies as well as singles and doubles tournaments. Graded or Pass/No Pass option.

KIN A251 1-2 Units (9-18 lecture hours; 27-54 lab hours)
Futsal/Indoor Soccer Level 2

Advisory: KIN A151.

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Designed for intermediate and advanced soccer players. Students will learn advanced technical ball skills and advanced game tactics for competitive team play. This course will explore the relationship between fitness and health-related topics to improve, be part of, and maintain a wellness lifestyle. Graded or Pass/No Pass option.

KIN A252 1-2 Units (9-18 lecture hours; 27-54 lab hours)
Soccer Level 2

Advisory: KIN A152.

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Designed for intermediate and advanced soccer players. Students will learn advanced technical ball skills and advanced game tactics for competitive team play. This course will explore the relationship between fitness and health-related topics to improve, be part of, and maintain a wellness lifestyle. Graded or Pass/No Pass option.

KIN A253 1-2 Units (9-18 lecture hours; 27-54 lab hours)
Golf Level 2

Advisory: KIN A153.

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Intermediate/Advanced instruction, with emphasis on course play and competition. Students should have beginning knowledge of golf, with a golf swing already in place. Refines full swing, chipping techniques, pitching, sand bunker play, rules, scoring, and game management at the intermediate level. Graded or Pass/No Pass option.

KIN A254 1-1.5 Units (9-13.5 lecture hours; 27-40.5 lab hours)
Volleyball Level2

Advisory: KIN A154 or instructor consent.

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

This course presents advanced volleyball techniques and tactics for team and tournament play. The course covers advanced skills, court positioning, rolls, drives, and team strategy, both offensive and defensive. Graded or Pass/No Pass option.

KIN A256 1-2 Units (9-18 lecture hours; 27-54 lab hours)
Rock Climbing Level 2**Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Climbing techniques and safety fundamentals, equipment overview and advanced skills prepare the student for participation in competitive rock climbing, use of advanced equipment, safety and bouldering skills. Securing the climbing harness properly, properly tying to the harness, proper use of climbing commands, safety falling, and arresting falls will be covered. A fee for use of an off-campus facility will be required. May be taken for grades or on a pass-no pass basis. Graded or Pass/No Pass option.

KIN A257 2 Units (18 lecture hours; 54 lab hours)
Surfing and Ocean Safety Level 3**Prerequisite(s):** Students must be able to swim 100 yards non-stop and tread water for five minutes; This prerequisite will be validated in class during the first week of the course; Bring swimsuit.**Advisory:** KIN A141, KIN A241 or instructor consent.**Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU.

Designed to teach a higher level of fundamentals of board surfing and provide advanced surfers the opportunity to safely learn and improve skills to ride more challenging waves. Analysis of paddling, wave selection, equipment, tides, currents, etiquette and water safety are emphasized. May be taken for grades or on a pass-no pass basis. Graded or Pass/No Pass option.

KIN A258 1-2 Units (9-18 lecture hours; 27-54 lab hours)
Flag Football Level 2**Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC.

This course is designed for students who have intermediate to advanced knowledge of the game. This course will introduce students to advanced football fundamentals, schemes, strategy, and skills of the game. Students will further their knowledge of the game through weekly lectures and competitions. Students will be responsible for organizing practices and create/explain drills to prepare their team for weekly competitions. This course will be a combination of classroom time and field work. Students will be expected to apply information learned in the classroom onto the field. Graded or Pass/No Pass option.

KIN A259 1-2 Units (9-18 lecture hours; 27-54 lab hours)
Lacrosse Level 2**Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

The course is designed for intermediate and advanced lacrosse players. Students will extend, refine, and apply intermediate and advanced skills and tactics during small, large, and whole game scenarios. Topics will include game applications, intermediate and advanced tactical applications while exploring the relationship between fitness and successful continuous large group and full team game play. Graded or Pass/No Pass option.

KIN A270 3 Units (54 lecture hours)
Fitness and Health**Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these HLED, KIN, PE Theory courses combined: maximum credit, 8 units.

Theory and benefits of physical activity to fitness-related health. The study of human adaptation to exercise includes cardiovascular conditioning, neuromuscular training, body composition, nutrition for performance, stretching, sports injuries, and aging. Same as HLED A270. Students completing KIN A270 may not receive credit for HLED A270. Graded or Pass/No Pass option.

KIN A271 3 Units (54 lecture hours)
Drugs & Sports**Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these HLED, KIN, PE Theory courses combined: maximum credit, 8 units.

An in-depth look at substance abuse among athletes. The focus will be on drug effects, the impact on the team, nutrition and positive alternatives. Same as HLED A271. Students completing KIN A271 may not receive credit for HLED A271. Graded or Pass/No Pass option.

KIN A272 3 Units (54 lecture hours)
Movement Analysis**Grading Mode:** Standard Letter**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these HLED, KIN, PE Theory courses combined: maximum credit, 8 units.

Introduction to the musculo-skeletal system and its function in human movement. Analysis of movements in sport skills and the muscles and bones involved.

KIN A273 3 Units (54 lecture hours)
Sports Medicine**Grading Mode:** Standard Letter**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these HLED, KIN, PE Theory courses combined: maximum credit, 8 units.

Technique and theory of care and prevention of athletic injuries. Includes the use of various therapeutic modalities for therapy and prevention of injury through strength and flexibility exercise.

KIN A274 3 Units (54 lecture hours; 18 lab hours)**Athletic Taping and Modalities****Grading Mode:** Standard Letter**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these HLED, KIN, PE Theory courses combined: maximum credit, 8 units.

The entry-level theory and technique of athletic strapping and physiological effects and use of therapy modalities. Instruction in the use of ultrasound, electric stimulation, heat/cold, and whirlpool.

KIN A275 2-4 Units (18 lecture hours; 54-162 lab hours)**Sports Medicine Practicum Level 1****Grading Mode:** Standard Letter**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these HLED, KIN, PE Theory courses combined: maximum credit, 8 units.

Designed to provide clinical experience for students interested in sports-related injury care and prevention. Experiences will include taping for prevention of injury, use of modalities, and exercise programs in rehabilitation of injuries.

KIN A276 2-4 Units (18 lecture hours; 54-162 lab hours)**Sports Medicine Practicum Level 2****Advisory:** KIN A275 or instructor consent.**Grading Mode:** Standard Letter**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these HLED, KIN, PE Theory courses combined: maximum credit, 8 units.

This course is designed for the beginning/intermediate athletic training student to get an overview of sports medicine topics including medical terminology, therapeutic modalities, basic tape techniques, contagious skin diseases as related to athletes, and a variety of sports-related injuries. Instructor will assess student ability and skill level in the first week of class to insure proper course level placement.

KIN A277 2-4 Units (18 lecture hours; 54-162 lab hours)**Sports Medicine Practicum Level 3****Advisory:** KIN A275 and KIN A276.**Grading Mode:** Standard Letter**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these HLED, KIN, PE Theory courses combined: maximum credit, 8 units.

This course is designed for the intermediate/advanced student to learn therapeutic goals and objectives, therapeutic taping and bandaging, selection of therapeutic exercises, methods of evaluating and recording rehabilitation progress and development of criteria for progression and return to normal function. Instructor will assess student ability and skill level in the first week of class to insure proper course level placement.

KIN A278 2-4 Units (18 lecture hours; 54-162 lab hours)**Sports Medicine Practicum Level 4****Advisory:** KIN A275 and KIN A276 and KIN A277.**Grading Mode:** Standard Letter**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these HLED, KIN, PE Theory courses combined: maximum credit, 8 units.

This course is designed for advanced level athletic training student to further develop their athletic training skills and prepare to transfer to a 4-year school. This includes working with team physicians, physician assistants, emergency medical technicians, coaches, administrators, cooperative learning with lower level students, record keeping and taping. Instructor will assess student ability and skill level in the first week of class to ensure proper course level placement.

KIN A279 3 Units (54 lecture hours)**Sports Management****Grading Mode:** Standard Letter**Transfer Credit:** CSU.

This introductory course will expose students to the business structures of the recreational, high school, collegiate and professional sports industry. Discussion of sports management career opportunities will be included.

KIN A280 3 Units (54 lecture hours; 18 lab hours)**Strength Conditioning/Theory****Grading Mode:** Standard Letter**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these HLED, KIN, PE Theory courses combined: maximum credit, 8 units.

Theory and applications of strength development, muscular endurance, flexibility, neuromuscular coordination, nutrition and supplementation. Includes planning, developing and setting up programs designed to achieve the desired goals in the most efficient way. Also, includes introduction to fitness and exercise testing procedures.

KIN A282 3 Units (54 lecture hours; 18 lab hours)**Introduction to Exercise Physiology****Advisory:** BIOL A221.**Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these HLED, KIN, PE Theory courses combined: maximum credit, 8 units.

An introduction to the study of human physiological processes during exercise and activity. Includes study of metabolic changes to major body systems during acute exercise, the physiological adaptations due to chronic exercise and the effect of training upon performance. Students will practice fitness testing and apply practical knowledge in a lab setting. Graded or Pass/No Pass option.

KIN A282H **3 Units (54 lecture hours; 18 lab hours)**
Introduction to Exercise Physiology Honors
Advisory: BIOL A221.

Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU.

An introduction to the study of human physiological processes during exercise and activity. Includes study of metabolic changes to major body systems during acute exercise, the physiological adaptations due to chronic exercise and the effect of training upon performance. Students will practice fitness testing and apply practical knowledge in a lab setting. Graded or Pass/No Pass option.

KIN A283 **3 Units (54 lecture hours)**
Nutrition, Fitness, and Performance

Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU; UC: Credit Limitation: Any or all of these HLED, KIN, PE Theory courses combined: maximum credit, 8 units.

An applied nutrition course for individuals interested in health, fitness, and athletics. Principles of nutrition are studied and applied to the athlete and active individuals. Includes pre and post event food and fluid selection, nutrient requirements, supplements, muscle mass and body fat related to performance. Same as FN A136 and HLED A136. Students completing KIN A283 may not receive credit for FN A136 or HLED A136. Graded or Pass/No Pass option.

KIN A284 **3 Units (54 lecture hours)**
Theory of Yoga

Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU; UC: Credit Limitation: Any or all of these HLED, KIN, PE Theory courses combined: maximum credit, 8 units.

A survey of the origins of Yoga, including ancient to modern traditions, and exploration of the principal ancient texts of Yoga. This course includes the evolution of yoga from its earliest development to its current integration into modern culture.

KIN A285 **3 Units (36 lecture hours; 54 lab hours)**
Yoga Methodology

Prerequisite(s): Prior Yoga Experience as demonstrated in first week of enrollment.

Advisory: KIN A128 and KIN A228.

Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU.

Designed for students to learn how to teach key poses in each category of Yoga for adults, teens, and children in a variety of settings. This class includes proper alignment, sequencing of postures, positive communication, verbal and physical cueing, precautions, and modifications for yoga clients. Graded or Pass/No Pass option.

KIN A286 **3 Units (54 lecture hours)**
Yoga Methodology 2
Prerequisite(s): KIN A228 and KIN A285.

Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU.

Designed for students to increase their knowledge and build on the concepts from Yoga Methodology 1. Students will learn how to teach the principles and techniques of Yoga in each category of the three stages of life (developmental, preventative, and therapeutic) in a variety of settings. This class includes further study of proper alignment, sequencing of postures, positive communication, verbal and physical cueing, precautions, and modifications for yoga clients. Graded or Pass/No Pass option.

KIN A287 **3 Units (36 lecture hours; 54 lab hours)**
Yoga Practicum Level 1
Prerequisite(s): KIN A228 and KIN A285.

Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU.

Students in this course are given practical experience in yoga teaching, class planning, and auditioning for employment. Students will learn how to prepare to teach diverse populations, enhance the teacher-student experience, and prepare for yoga studio, corporate, and private employment. Additional lab hours will assign students to teach in a supervised Hatha Yoga Level 1 class at OCC. Graded or Pass/No Pass option.

KIN A288 **3 Units (54 lecture hours)**
Stress Management Theory and Application

Grading Mode: Standard Letter
Transfer Credit: CSU; UC: Credit Limitation: Any or all of these HLED, KIN, PE Theory courses combined: maximum credit, 8 units.

This course is designed to give students an understanding of physiological and mental determinants and manifestations of stress. Topics include the nature and physiology of stress, mental stress, stress as it relates to disease, emotions, and personality, behavior modification, communication, time management, with emphasis placed on physical activity and nutrition. Students are also introduced to a variety of stress management techniques including imagery, progressive muscle relaxation, biofeedback, centering, breathing exercises, yoga, and meditation.

KIN A289 **3 Units (54 lecture hours)**
Sport and Exercise Psychology

Grading Mode: Standard Letter
Transfer Credit: CSU; UC: Credit Limitation: Any or all of these HLED, KIN, PE Theory courses combined: maximum credit, 8 units.

This course will enable students to understand the effects of psychological factors on motor performance. In addition, the students will gain an understanding of the effects of participating in physical activity on psychological development, health, and well-being.

KIN A290 3 Units (54 lecture hours)**Sport and Society****Grading Mode:** Standard Letter**Transfer Credit:** CSU; UC.

Explores sociological constructs of sport and physical activity from a theoretical and applied perspective; examining current challenges, relevant issues, and controversies in sport and physical activity. An interdisciplinary approach is used to identify the factors that define and influence sport and physical activity.

KIN A296 3 Units (54 lecture hours)**Personal Trainer****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU.

This course will provide students with the knowledge and confidence to become leaders in the personal training industry to be prepared for careers as fitness professionals. Topics to include an investigation of the personal training industry, fitness assessment, and program design. Graded or Pass/No Pass option.

KIN A297 2 Units (9 lecture hours; 81 lab hours)**Fitness Specialist Practicum****Prerequisite(s):** KIN A280.**Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU

This course will provide a hands-on experience in fitness evaluation and assessment for healthy populations. Students will learn how to accurately perform skinfolds measurement, assess flexibility, strength, and muscular endurance. Maximum and submax cardiovascular endurance assessment will also be covered. Exercise programming based on assessment will be completed. Graded or Pass/No Pass option. Current CPR certification to be verified by instructor during first class meeting. Certification In NASM, CSC, NSCA, ACSM in Personal Training or Strength and Conditioning.

KIN A298 2-3 Units (18 lecture hours; 60-120 other hours)**Fitness Specialist Internship****Prerequisite(s):** KIN A280 and Current CPR certification to be verified by instructor during first class meeting.**Grading Mode:** Standard Letter**Transfer Credit:** CSU.

A supervised internship related to classroom-based learning at a workplace site that supports the learning outcomes of the Fitness Specialist Certificate program.