

KINESIOLOGY (KIN)

KIN A001N **22 Hours (18 lecture hours; 4 lab hours)**
Lifeguard Training, Professional Rescue Noncredit
Grading Mode: P/NP/SP Noncredit
 Not Transferable.

This is a non-credit course designed to introduce and develop the basic lifesaving skills necessary to successfully serve as a lifeguard. Topics will include discussion and practice of lifeguard skills, including assessment of emergency situation, rescue techniques, first aid, and use of emergency equipment. Upon completion of the class, a student who successfully passes written and practical exams will be qualified to be certificated for an American Red Cross Emergency Water Safety, Basic Lifeguarding, or Lifeguard Training Certificate. Noncredit. Pass/No Pass/Satisfactory Progress. NOT DEGREE APPLICABLE.

KIN A002N **13 Hours (9 lecture hours; 4 lab hours)**
Aquatic First Aid/CPR/AED for Lifeguard Rescue Noncredit
Grading Mode: P/NP/SP Noncredit
 Not Transferable.

This is a non-credit course. 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. Noncredit. Pass/No Pass/Satisfactory Progress. NOT DEGREE APPLICABLE.

KIN A003N **26 Hours (18 lecture hours; 8 lab hours)**
First Aid, CPR/AED First Responder Noncredit
Grading Mode: P/NP/SP Noncredit
 Not Transferable.

This course is a requirement of employment as a lifeguard and aquatics safety personnel. It is highly demanded by local fire, police, emergency medical technicians, and the general community served by the college. Noncredit. Pass/No Pass/Satisfactory Progress. NOT DEGREE APPLICABLE.

KIN A010N **9-36 Hours (9-36 lecture hours)**
Chair Cardio Fitness
Grading Mode: P/NP/SP Noncredit
 Not Transferable.

This "everyone-can-do" body/mind class helps encourage and improve mobility, flexibility, strength, balance, posture, breathing and relaxation. Exercising from a seated position makes it ideal for, but not limited to, those challenged with Parkinson's, multiple sclerosis, arthritis or for adults new to exercise. Special consideration for participant needs makes this class useful and unique to each individual. Develop attitudes and learn techniques that work for you. Make this fun, light-hearted approach to exercise a weekly highlight. Noncredit. Pass/No Pass/Satisfactory Progress. NOT DEGREE APPLICABLE.

KIN A011N **10-36 Hours (10-36 lecture hours)**
Stretch and Flex for Wellness
Grading Mode: P/NP/SP Noncredit
 Not Transferable.

Emphasizes proper techniques of movement, joint flexibility, breathing, and body alignment for postural integration. Flexibility as it relates to physical fitness, health, and stress reduction will be explored to improve and maintain a wellness lifestyle. Noncredit. Pass/No Pass/Satisfactory Progress. NOT DEGREE APPLICABLE.

KIN A084N **54 Hours (54 lecture hours)**
Theory of Yoga Noncredit
Grading Mode: P/NP/SP Noncredit
 Not Transferable.

This is a noncredit course that provides 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. Noncredit. Pass/No Pass/Satisfactory Progress. NOT DEGREE APPLICABLE.

KIN A085N **90 Hours (36 lecture hours; 54 lab hours)**
Yoga Methodology Noncredit
Prerequisite(s): Prior Yoga Experience as demonstrated in first week of enrollment.

Advisory: KIN A128 and KIN A228.

Grading Mode: P/NP/SP Noncredit
 Not Transferable.

This is a noncredit course 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. Noncredit. Pass/No Pass/Satisfactory Progress. NOT DEGREE APPLICABLE.