

# KINESIOLOGY (KIN)

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## KIN C101 1 Unit (18 lecture hours)

### Personal Fitness and Wellness

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU; UC.

Individualized program of exercise, fitness, stress control, and body weight control to improve muscle strength, endurance, flexibility, and overall physical fitness to achieve and maintain a healthy lifestyle. This course is identical to PE C101. Graded or Pass/No Pass option.

## KIN C125 3 Units (54 lecture hours)

### Introduction to Sport Psychology

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

This course examines the fundamental ideas to help understand the behavior of sport and exercise participants. Key topics include psychological characteristics of and for performance, motivation, exercise and health psychology, and skill acquisition. Graded or Pass/No Pass option.

## KIN C190 3 Units (54 lecture hours)

### Physiology of Exercise

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU; UC.

Formerly PE C190. This course will provide a basic knowledge of the physiology of physical fitness and athletic training for fitness professionals and fitness enthusiasts interested in a more in-depth understanding of the body's responses to exercise conditioning. Graded or Pass/No Pass option.

## KIN C201 3 Units (54 lecture hours)

### Fitness for Life

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

Application of principles of human anatomy, physiology, nutrition, and behavior change to the development of exercise programs for health and fitness. This course is identical to PE C201. Graded or Pass/No Pass option.

## KIN C202 3 Units (54 lecture hours)

### Introduction to Kinesiology

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

Formerly KIN C100. An introduction to the study of human movement, including its role in daily life, its place in higher education, and professional career opportunities in areas related to sport, movement, exercise, and fitness. Students will examine the multiple ways of knowing and studying human movement with a focus on the sub disciplines within Kinesiology. Graded or Pass/No Pass option. **C-ID:** KIN 100.

## KIN C289

### Exercise Testing and Prescription

**Advisory:** KIN C190 and BIOL C102.

3 Units (54 lecture hours)

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

Formerly PE C189, C289. Prepares students to use a variety of screening methods to analyze the fitness level and risk factors of implementing an individual exercise program. The course will include the application of health behavior modification theories, strategies for determining individual expectations, and appropriate fitness goals to optimize adherence to an exercise plan. Students will be able to design and implement exercise programs for specific client needs (e.g., specific sports, performance, lifestyle, functional, balance, agility, aerobic, and anaerobic) as well as for some special populations. Graded or Pass/No Pass option.