

KINESIOLOGY (KIN)

KIN C101 1 Unit (18 lecture hours)

Personal Fitness and Wellness

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC.

This course covers the principles of fitness, the benefits of physical activity, and the skills to develop an individualized program of exercise, fitness, stress control, and body weight management for maintaining 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 how psychological factors influence sports, athletic performance, exercise, and physical activity. Key topics include psychological characteristics of and for performance, motivation, exercise and health psychology, and skill acquisition. This course is identical to PSYC C125. Graded or Pass/No Pass option.

KIN C190 3 Units (54 lecture hours)

Physiology of Exercise

Advisory: BIOL C102.

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC.

Formerly PE C190. This course introduces the basic principles of exercise physiology as it relates to human movement and functions of the cardiovascular-respiratory, metabolic, endocrine and neuromuscular systems in response to exercise conditioning. Additional emphasis will be placed on the performance enhancement techniques and physiological responses to variable environmental conditions. 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, UC.

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

3 Units (54 lecture hours)

Exercise Testing and Prescription

Advisory: KIN C190 and BIOL C102.

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU.

Formerly PE C189 / PE 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.