

# KIN C100: INTRODUCTION TO KINESIOLOGY

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Item	Value
Top Code	127000 - Kinesiology
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Local General Education (GE)	• CL Option 1 Self-Development (CE1)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E1 Lifelong Understanding (E1)

## Course Description

Formerly: KIN C202. 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. Transfer Credit: CSU. C-ID: KIN 100.**C-ID:** KIN 100.

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## Method(s) of Instruction

- Lecture (02)
- DE Online Lecture (02X)