

KINESIOLOGY (KIN)

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.

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. May be taken for grades or on a pass-no pass basis.

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.

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.

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 (5-32 lecture hours; 13-76 lab hours)**
Strength and Conditioning
Grading Mode: Pass/No Pass
Transfer Credit: CSU, UC.

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 **1-3 Units (9-27 lecture hours; 27-81 lab hours)**
Cardiovascular Training and Strength Development Level 1
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU.

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.

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

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. May be taken for grades or on a pass-no pass basis.

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.

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. May be taken for grades or on a pass-no pass basis.

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

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. May be taken for grades or on a pass-no pass basis.

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.

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.

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.

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. May be taken for grades or on a pass-no pass basis.

KIN A116 **2.5 Units (36 lecture hours; 18 lab hours)**
Triathlon Techniques
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU; UC

A multi-sport fitness program for the novice exerciser to competitor. Students will receive video analysis in swimming, learn safe group cycling practices, proper running technique, discuss injury prevention, the importance of rest and recovery and nutrition. Other topics include equipment technology, selection and maintenance. May be taken for grades or on a pass-no pass basis.

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.

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.

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. May be taken for grades or on a pass-no pass basis.

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

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.

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. May be taken for grades or on a pass-no pass basis.

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.

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. May be taken for grades or on a pass-no pass basis.

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.

Yoga postures, breathing, concentration/meditation, and relaxation techniques will be presented as a method of personal development encompassing body, mind, and spirit. May be taken for grades or on a pass-no pass basis.

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.

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. May be taken for grades or on a pass-no pass basis.

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.

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. May be taken for grades or on a pass-no pass basis.

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.

Explains the theories and teaches the skills necessary to achieve fitness through swimming. Swimming programs are designed to attain desired levels of cardiovascular efficiency. May be taken for grades or on a pass-no pass basis.

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.

Instruction and practice in basics of freestyle, breast stroke, and backstroke, as well as breathing skills, while improving cardiovascular endurance. May be taken for grades or on a pass-no pass basis.

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

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 Marine Activities A136. Students completing Kinesiology A136 may not receive credit for Marine Activities A136. May be taken for grades or on a pass-no pass basis.

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.

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. May be taken for grades or on a pass-no pass basis.

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.

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. May be taken for grades or on a pass-no pass basis.

KIN A139 0.5-1.5 Units (4.5-13.5 lecture hours; 13.5-40.5 lab hours)**Kayaking**

Prerequisite(s): Students must be able to swim 100 yards and tread water for five minutes; This prerequisite will be validated in class during the first week of the course.

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC.

Designed to teach the fundamental kayaking techniques needed to become a safe and effective kayaker. There will be a fee for use of equipment and use of the off-campus facility. Same as MARA A139. Students completing KIN A139 may not receive credit for MARA A139. May be taken for grades or on a pass-no pass basis.

KIN A140 0.5-1.5 Units (4.5-13.5 lecture hours; 13.5-40.5 lab hours)**Outrigger Canoeing**

Prerequisite(s): Students must be able to swim 100 yards and tread water for five minutes; this prerequisite will be validated in class during the first week of the course.

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC.

Designed to teach the fundamental outrigger canoeing techniques needed to become a safe and effective paddler. There will be a fee for use of equipment and use of the off-campus facility. Same as MARA A140. Students completing KIN A140 may not receive credit for MARA A140. May be taken for grades or on a pass-no pass basis.

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.

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. May be taken for grades or on a pass-no pass basis.

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.

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. May be taken for grades or on a pass-no pass basis.

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.

Instruction and practice in the essential stroke skills, rules, etiquette and competition in singles and doubles for the beginning and intermediate levels. May be taken for grades or on a pass-no pass basis.

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.

Introduction and practice in the essential stroke skills, rules, etiquette, and competition in singles and doubles. May be taken for grades or on a pass-no pass basis.

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.

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. May be taken for grades or on a pass-no pass basis.

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.

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. May be taken for grades or on a pass-no pass basis.

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.

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. May be taken for grades or on a pass-no pass basis.

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.

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. May be taken for grades or on a pass-no pass basis.

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.

Development of skills necessary to participate in a game of volleyball at the beginning and intermediate levels. May be taken for grades or on a pass-no pass basis..

KIN A155 **1-2 Units (9-18 lecture hours; 27-54 lab hours)**
Bowling Level 1
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU; UC.

This course is designed to teach the basic fundamentals of bowling and provide beginning bowlers the opportunity to learn and improve their skills. Beginning-level skill development will include instruction on basic bowling techniques with an emphasis on rules and etiquette. May be taken for grade or on a pass-no pass basis.

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.

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. May be taken for grades or on a pass-no pass basis.

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.

KIN A158 1-2 Units (9-18 lecture hours; 27-54 lab hours)
Flag Football Level 1

Grading Mode: Standard Letter, Pass/No Pass

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.

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.

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.

KIN A170 0.5-1.5 Units (4.5-13.5 lecture hours; 13.5-40.5 lab hours)
Adapted Strength Training

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC.

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. May be taken for grades or on a pass-no pass basis.

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.

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: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC.

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. May be taken for grades or on a pass-no pass basis. 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: Standard Letter, Pass/No Pass

Transfer Credit: CSU, UC.

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.

KIN A174 0.5-1.5 Units (4.5-13.5 lecture hours; 13.5-40.5 lab hours)
Adapted Cardiovascular Fitness

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC.

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. May be taken for grades or on a pass-no pass basis.

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.

Course is designed for students with physical disabilities who can benefit from a sustained cardiorespiratory exercise program. May be taken for grades or on a pass-no pass basis.

KIN A176 0.5-1.5 Units (4.5-13.5 lecture hours; 13.5-40.5 lab hours)
Adapted Stretching

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC.

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. May be taken for grades or on a pass-no pass basis.

KIN A202 3 Units (54 lecture hours)
Introduction to Kinesiology

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU, UC.

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. **C-ID:** KIN 100.

KIN A203 2 Units (36 lecture hours)
First Aid and CPR

Grading Mode: Standard Letter, Pass/No Pass

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. May be taken for grades or on a pass-no pass basis. Formerly known as HLED A112.

KIN A204 3 Units (54 lecture hours)
Techniques and Theory of Coaching Athletes
Grading Mode: Standard Letter
Transfer Credit: CSU.

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.

KIN A205 2-4 Units (18 lecture hours; 60-180 other hours)
Coaching Internship
Prerequisite(s): KIN A203 and KIN A204.

Grading Mode: Standard Letter
Transfer Credit: CSU.

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.

KIN A206 1-2 Units (9-18 lecture hours; 27-54 lab hours)
Weight Training Level 2
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU.

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. May be taken for grades or on a pass-no pass basis.

KIN A207 0.5-3 Units (4.5-27 lecture hours; 13.5-81 lab hours)
Fitness Programs II
Prerequisite(s): KIN A107.

Grading Mode: Pass/No Pass
Transfer Credit: CSU, UC.

This is an advanced course of KIN A107. Allows a student to use the OCC Cardio Labs and attend other daytime activity classes with instructor permission. Students are required to attend a general fitness evaluation at beginning of the semester. Students are required to attend a one-hour orientation. Offered on a pass no-pass basis only.

KIN A208 0.5-3 Units (4.5-27 lecture hours; 13.5-81 lab hours)
Strength and Conditioning Level 3
Prerequisite(s): KIN A108.

Grading Mode: Pass/No Pass
Transfer Credit: CSU, UC.

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.

KIN A210 1-2 Units (9-18 lecture hours; 27-54 lab hours)
Walking for Fitness Level 2
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU, UC

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. May be taken for grades or on a pass-no pass basis.

KIN A211 1-2 Units (9-18 lecture hours; 27-54 lab hours)
Step Cardio and Core Level 2
Advisory: KIN A111.

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

Advanced step, cardio, and core workout designed to improve participant's strength and cardiovascular fitness. 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.

KIN A212 1-1.5 Units (9-13.5 lecture hours; 27-40.5 lab hours)
Body Sculpting Level 2
Advisory: KIN A212 or instructor approval.

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

Body sculpting is a contemporary workout designed to improve each participant's muscular tone, strength, endurance and flexibility. This course will utilize a variety of intermediate body sculpting resistance techniques, including body pump and resistance bands May be taken for grades or on a pass-no pass basis.

KIN A214 1-2 Units (9-18 lecture hours; 27-54 lab hours)
Cardio Kickboxing Level 2
Grading Mode: Standard Letter
Transfer Credit: CSU>

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.

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.

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. Course may be taken for grade or on a CR/NC basis.

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.

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.

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. May be taken for grades or on a pass-no pass basis.

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.

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.

KIN A231 1-2 Units (9-18 lecture hours; 27-54 lab hours)**Swimming for Fitness - Level 2****Advisory:** KIN A131.**Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC.

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. **PREREQUISITES:** Ability to swim, comfortable in deep water; This skill will be validated the first week of class.

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.

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. May be taken for grades or on a pass-no pass basis.

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.

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.

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.

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. May be taken for grades or on a pass-no pass basis.

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.

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. May be taken for a grade or on a pass-no pass basis.

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.

Introduces and develops for the Intermediate and advance players the chop shot, loop and defensive strategies as well as singles and doubles tournaments.

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.

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.

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.

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.

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.

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.

KIN A254 1-1.5 Units (9-13.5 lecture hours; 27-40.5 lab hours)
Volleyball Level 2
Advisory: KIN A154 or instructor consent.

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

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.

KIN A255 1-2 Units (9-18 lecture hours; 27-54 lab hours)
Bowling Level 2
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU.

This course is designed to teach intermediate-advanced level bowling skills necessary to participate in handicap and scratch bowling leagues and tournaments. Skill development will include instruction on intermediate-advanced bowling techniques, specific strategies and tactics, and competitive class league and tournament play.

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.

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. May be taken for grades or on a pass-no pass basis.

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

This course is designed for students who have intermediate to advanced knowledge and 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.

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

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.

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| <p>KIN A270 Fitness and Health Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC.</p> <p>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 Health Education A270. Students completing Kinesiology A270 may not receive credit for Health Education A270. May be taken for grades or on a pass-no pass basis.</p> | <p>3 Units (54 lecture hours)</p> | <p>KIN A276 Sports Medicine Practicum Level 2 Advisory: KIN A275 or instructor consent.</p> <p>Grading Mode: Standard Letter Transfer Credit: CSU, UC.</p> <p>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.</p> | <p>2-4 Units (18 lecture hours; 54-162 lab hours)</p> |
| <p>KIN A271 Drugs & Sports Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU, UC.</p> <p>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 Health Education A271. Students completing Kinesiology A271 may not receive credit for Health Education A271. May be taken for grades or on a pass-no pass basis.</p> | <p>3 Units (54 lecture hours)</p> | <p>KIN A277 Sports Medicine Practicum Level 3 Advisory: KIN A275 and KIN A276.</p> <p>Grading Mode: Standard Letter Transfer Credit: CSU, UC.</p> <p>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.</p> | <p>2-4 Units (18 lecture hours; 54-162 lab hours)</p> |
| <p>KIN A272 Movement Analysis Grading Mode: Standard Letter Transfer Credit: CSU; UC.</p> <p>Introduction to the musculo-skeletal system and its function in human movement. Analysis of movements in sport skills and the muscles and bones involved.</p> | <p>3 Units (54 lecture hours)</p> | <p>KIN A278 Sports Medicine Practicum Level 4 Advisory: KIN A275 and KIN A276 and KIN A277.</p> <p>Grading Mode: Standard Letter Transfer Credit: CSU, UC.</p> <p>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.</p> | <p>2-4 Units (18 lecture hours; 54-162 lab hours)</p> |
| <p>KIN A273 Sports Medicine Grading Mode: Standard Letter Transfer Credit: CSU; UC.</p> <p>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.</p> | <p>3 Units (54 lecture hours)</p> | <p>KIN A279 Sports Management Grading Mode: Standard Letter Transfer Credit: CSU.</p> <p>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.</p> | <p>3 Units (54 lecture hours)</p> |
| <p>KIN A274 Athletic Taping and Modalities Grading Mode: Standard Letter Transfer Credit: CSU, UC.</p> <p>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.</p> | <p>3 Units (54 lecture hours; 18 lab hours)</p> | | |
| <p>KIN A275 Sports Medicine Practicum Level 1 Grading Mode: Standard Letter Transfer Credit: CSU, UC.</p> <p>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.</p> | <p>2-4 Units (18 lecture hours; 54-162 lab hours)</p> | | |

KIN A280 **3 Units (54 lecture hours; 18 lab hours)**
Strength Conditioning/Theory
Grading Mode: Standard Letter
Transfer Credit: CSU, UC.

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 A281 **3 Units (54 lecture hours)**
Fitness and Exercise Testing
Grading Mode: Standard Letter
Transfer Credit: CSU, UC.

Theory and techniques of kinesiology evaluation, exercise testing and exercise prescription.

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.

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.

KIN A283 **3 Units (54 lecture hours)**
Nutrition, Fitness, and Performance
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU, UC.

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 Food and Nutrition A136 and Health Education A136. Students completing Kinesiology A283 may not receive credit for Food and Nutrition A136 or Health Education A136. May be taken for grades or on a pass-no pass basis.

KIN A284 **3 Units (54 lecture hours)**
Theory of Yoga
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU.

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.

KIN A286 **3 Units (54 lecture hours; 18 lab 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. May be taken for grade or on a pass-no pass basis.

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.

KIN A288 **3 Units (54 lecture hours)**
Stress Management Theory and Application
Grading Mode: Standard Letter
Transfer Credit: CSU; UC.

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)****Mental Performance and Exercise Psychology****Grading Mode:** Standard Letter**Transfer Credit:** CSU; UC.

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 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. May be taken for a grade or on a pass/no-pass basis.

KIN A297 **2 Units (9 lecture hours; 81 lab hours)****Fitness Specialist Practicum****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. May be taken for grades or on a pass/no-pass basis.

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.