

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 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. 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 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. 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. 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. 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. 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 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. 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 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. NOT DEGREE APPLICABLE.