

# DEPARTMENT OF KINESIOLOGY

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Department of Kinesiology (p. 1)

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## Courses

### KINE 1018 Lifetime Fitness (2)

Lifetime Fitness Introduction to core concepts in physical fitness and wellness. Course provides an overview of health related physical fitness, body composition, nutrition, stress and a variety of other factors that influence quality of life. Course is designed to teach students importance of and strategies for maintaining a healthy lifestyle. Concurrent enrollment in a 1-unit physical activity course (KINE 1500-1597).

Corequisite: Any KINE 1500-1597 Movement Activity Course (except KINE 1505, 1506, 1507, 1513). Satisfies general education requirement Student Enrichment and Lifelong Fulfillment.

**Requisite(s):** KINE 1018 Coreqs: One of the following: 1502, 1503, 1504, 1510, 1512, 1514, 1515, 1516, 1517, 1520, 1522, 1523, 1524, 1525, 1526, 1527, 1530, 1532, 1533, 1534, 1535, 1536, 1537, 1542, 1543, 1544, 1545, 1547, 1550, 1552, 1553

**General Education Attribute(s):** Self Enrichment & Life Fulfill, Self Support Online

**Typically Offered:** Fall, Spring

### KINE 1020 CPR, 1st Aid and AED (1)

The American Red Cross First Aid/CPR/AED program is to help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The course in this program teaches participants the knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed. This program offers a choice of first aid, CPR and AED courses to meet the various training needs of a diverse audience. The care steps outlined within this course is consistent with the most recent research and recommendations by the International Liaison Committee on Resuscitation (ILCOR) Consensus on Science with Treatment Recommendations for CPR and Emergency Cardiovascular Care (ECC), the current American Heart Association, and American Red Cross Guidelines for CPR and First Aid.

**Typically Offered:** Fall, Spring

**Course Fee:** Yes

### KINE 1502 Basketball (1)

This course is designed to help students learn and develop a basic understanding of basketball. The class will include instruction in the basic skills of dribbling, shooting, and passing and defensive positioning. The class will also cover tactical skills of basic basketball offensive and defensive play and well as the rules and scoring. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**Typically Offered:** To Be Determined

**Course Fee:** Yes

### KINE 1503 Yoga (1)

This class introduces the practice of Yoga to the beginning student. Class participants will be exposed to the language, philosophy, history and concepts of yoga. All students will be given the tools to understand and apply the underlying concepts of Yoga, reduce tension, increase energy levels, move efficiently, increase strength, co-ordination, balance, flexibility and range of motion, learn about your body and get fit! The poses are adaptable and can be personalized for any level of fitness.

Students are encouraged to understand their own limitations and work within their bounds. A typical class will include breathing techniques and asana practice, including standing, balancing, and inverted poses to develop a working knowledge of selected asanas and vinyasa sequences. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**Course Fee:** Yes

### KINE 1504 Intramurals (1)

Participation in the campus intramural program at the SRC. Designed to give the student a better understanding of various sports, sportsmanship, teamwork, cooperation and personal responsibility. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**Typically Offered:** To Be Determined

### KINE 1505 Jogging (1)

Online physical activity course that introduces the student to basic physical activity and health principles designed to improve individual fitness. Course includes quizzes, logging and reporting of weekly physical activity, and reflection assignments. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

### KINE 1506 Walking (1)

Online physical activity course that introduces the student to basic physical activity and health principles designed to improve individual fitness. Course includes quizzes, logging and reporting of weekly physical activity, and reflection assignments. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

### KINE 1507 Bicycling (1)

Online physical activity course that introduces the student to basic physical activity and health principles designed to improve individual fitness. Course includes quizzes, logging and reporting of weekly physical activity, and reflection assignments. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**KINE 1510 Judo (1)**

An introduction to the sport of Judo, this course is designed to promote health, increase student self-confidence, promote personal safety, and increase student involvement and engagement. At the end of the course, beginning students will be able to fall and roll safely; understand the basic principles of throwing, mat holds, and submissions; and learn the rules of Judo competition. Students will gain a greater understanding of other cultures and traditions. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**Course Fee:** Yes

**KINE 1512 Weight Training (1)**

This class is a mix of bodyweight and dumbbell weight training. Focuses on working the endurance of your muscles with weight you are most comfortable with. Class is opened to all level and paces. Exercises are simple and can be done without the use of gym machinery. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**Course Fee:** Yes

**KINE 1513 Swim Fitness (1)**

Online physical activity course that introduces the student to basic physical activity and health principles designed to improve individual fitness. Course includes quizzes, logging and reporting of weekly physical activity, and reflection assignments. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**KINE 1514 Indoor Cycling (1)**

Indoor cycling provides a fun and challenging cardiovascular workout for all fitness levels. Experience a full ride of hills, sprints, and endurance intervals with energizing music and motivational instruction. Build strength and experience the benefits of a cardio workout all in one class! This course will start at a beginner level and increasingly get harder throughout the semester. Learn bike basics and proper form that you can take will you to other cycling classes, you'll be a spin pro in no time! May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**Course Fee:** Yes

**KINE 1515 Interval Training (1)**

This is an interval training course. Group cardiovascular conditioning. This class combines short (30 sec -2 min) bouts of high intensity exercise periods alternated with periods of rest (1-2 min). These higher/lower intensity periods are repeated several times during total class time using both lower and upper body muscle groups. This type of workout has been proven to improve cardiovascular fitness (aerobic) as well as speed, agility, and burn more total calories than the common steady state cardio (treadmill 30 min. at same speed). This method of training is suitable for all levels of exercisers. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**Course Fee:** Yes

**KINE 1517 Triathlon (1)**

Beginning course designed for students wanting to begin triathlon training. Course will focus on training methods for running, swimming and bicycling. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**Typically Offered:** To Be Determined

**KINE 1520 Lifeguard Training (1)**

Course designed to prepare student for American Red Cross certification for Lifeguard Training. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**Typically Offered:** To Be Determined

**KINE 1522 Water Polo (1)**

Beginning course designed to introduce students to skills, drills, technique, strategy and rules of water polo. Swimming competency is required. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**Typically Offered:** To Be Determined

**KINE 1523 Dance (1)**

Beginning course that introduces students to the fundamentals, forms and patterns for a variety of dance styles. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**Typically Offered:** To Be Determined

**KINE 1524 Archery (1)**

Beginning course designed to introduce students to fundamental bow and arrow technique, equipment, alignment, aiming, and scoring. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**Typically Offered:** To Be Determined

**KINE 1525 Badminton (1)**

Students will develop the basic skills necessary to play the game of badminton. Technical skills include the overhead and underhand clears, the short & low serve, the high & deep serve, drop shots and the smash. Basic strategy for game play will be introduced. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**Typically Offered:** To Be Determined

**Course Fee:** Yes

**KINE 1526 Tennis (1)**

This course is designed to help students learn and develop a basic understanding of tennis. The class will include instruction in the basic skills of serve, forehand and backhand. The class will also cover tactical skills of basic tennis offensive and defensive play and well as the rules and scoring. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**Typically Offered:** To Be Determined

**Course Fee:** Yes

**KINE 1527 Ultimate Frisbee (1)**

Team sport that involves passing a Frisbee to a teammate and advancing it to the opposing end zone. Course will involve basic instruction in rules, strategy and skill instruction. Designed for all skill levels. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**Typically Offered:** To Be Determined

**Course Fee:** Yes

**KINE 1530 Kickboxing (1)**

The course will introduce basic kickboxing skills such as punches, kicks, elbow strikes and knee strikes. Offensive and defensive techniques will be introduced along with upper and lower body conditioning techniques. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**Typically Offered:** To Be Determined

**Course Fee:** Yes

**KINE 1532 Soccer (1)**

Students will develop the basic skills necessary to play the game of soccer. Technical skills include dribbling, trapping, passing, and shooting. Basic strategy for game play will be introduced. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**Course Fee:** Yes

**KINE 1533 Volleyball (1)**

This course is designed to help students learn and develop a basic understanding of volleyball. The class will include instruction in the basic skills of setting, serving, passing, hitting and blocking. The class will also cover tactical skills of basic volleyball offensive and defensive play and well as the rules and scoring. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**Course Fee:** Yes

**KINE 1535 Cardio Combat (1)**

This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**Typically Offered:** Fall, Spring

**Course Fee:** Yes

**KINE 1536 Introduction to Team Sports (1)**

This Introduction to Team Sports class is designed for students who enjoy high energy activities and who enjoy a variety of different sports. This class will place an emphasis on several different types of sports including basketball, flag football, ultimate Frisbee, soccer, softball, indoor volleyball, kickball, and sand volleyball. Students will be presented with the rules and regulations of each sport and have the opportunity to practice the skills to be successful at each sport. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**Typically Offered:** Fall, Spring

**Course Fee:** Yes

**KINE 1537 Climbing 101 (1)**

Beginning Rock Climbing. Course provides an introduction to basic rock-climbing skills. The course will cover the skills necessary to boulder and climb and belay using a top rope system both in an indoor facility and an outdoor setting. The skills and information taught in this course include: safety practices, basic climbing knots, belay technique, climbing movement, equipment, and terminology. Course will include: use of indoor climbing wall. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**Typically Offered:** Fall, Spring

**Course Fee:** Yes

**KINE 1542 Bootcamp (1)**

This fitness class will have strength training, cardio, HIIT, body weight exercises, core work and flexibility training. Course will be fun and challenging for all fitness levels and every day will be different. Class will be held indoors and outdoors. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**Course Fee:** Yes

**KINE 1543 Karate (1)**

This class will involve the training in the principles and techniques of Karate for self-defense. This course will include blocking, punching, striking, kicking and body shifting techniques in correct stance and the application of these techniques against an opponent. There are three primary components of Karate training; fundamentals (basics), sparring (Kumite), and Kata or forms which will be reviewed in this course. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**Typically Offered:** To Be Determined

**Course Fee:** Yes

**KINE 1544 Introduction to Scuba Diving (2)**

This course is for students with little or no knowledge of Scuba Diving.

The course is designed to serve as an introduction to scuba diving and the exciting, beautiful aquatic environment. Pool training with scuba equipment will occur early in the course. Topics include: diving equipment, adapting to the underwater world, underwater communications, dive planning, boat diving, health for diving and aquatic environmental orientation. Students will be required to provide their own dive booties and snorkel. All other equipment will be provided. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**Typically Offered:** Spring

**Course Fee:** Yes

**KINE 1545 Foundations of Functional Movement (1)**

"Foundations of Functional Movement" is designed to give each individual student the first-hand, practical experience in strength & conditioning and health and fitness. The goal of this course is to equip each student with conceptual ownership in modern strength and conditioning approaches, cardiovascular fitness, sports vision training, proprioceptive training, sports psychology, and overall health and wellness. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**Typically Offered:** To Be Determined

**Course Fee:** Yes

**KINE 1546 Beginning Swim (1)**

Students will develop the basic skills to enable them to swim safely in water. Beginning basic swimming techniques and standard swimming strokes will be taught. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**Course Fee:** Yes

**KINE 1547 Sand Volleyball (1)**

Fundamental instruction of skills, rules and strategies for playing sand volleyball. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**Course Fee:** Yes

**KINE 1550 Introduction to Olympic Lifting (1)**

Intro to Olympic Weightlifting will introduce the three primary lifts (Snatch, Clean and Jerk) of Olympic Weightlifting. Participants will learn in a practical setting how the snatch, clean and jerk all bring speed, power, coordination, agility, accuracy and balance to their current strength training. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**Typically Offered:** To Be Determined

**Course Fee:** Yes

**KINE 1552 Fencing (1)**

Introductory course will provide students with the fundamentals of fencing including footwork, bouting and blade work. Students will develop the ability to analyze a fencing bout. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**Typically Offered:** Spring

**Course Fee:** Yes

**KINE 1553 Intermediate Volleyball (1)**

Course designed for students that have a basic understanding of technical and tactical aspects of volleyball. Instruction will focus on systems of play with some time devoted to skill development. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**Typically Offered:** Spring

**Course Fee:** Yes

**KINE 1554 Pop Pilates (1)**

Pop Pilates takes classic pilates to the next level by challenging students to rhythmically flow from one exercise to the next, developing a rock-solid core and leaving no muscle untouched. It is a mat based fusion of ab chiseling and total body defining moves choreographed to your favorite top 40. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**KINE 1555 Rugby (1)**

Beginning instruction in fundamental skills and rules associated with rugby. In addition, students will learn strategies, safety and etiquette associated with rugby. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**KINE 1556 Pickleball (1)**

Fast paced, self officiated net game with similarities to tennis, badminton, table tennis, & racquetball; course covers rules, strategies, technique, preparation for play, and includes extensive active practice and play; played with two, three, or four people. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**KINE 1557 Beginning Golf (1)**

Beginning instruction and development of basic skill proficiency through demonstration and drills. Students will also gain knowledge of golf etiquette, rules and fundamental mechanics involved in use of various clubs for full swing, chipping, pitching and putting. May be repeated up to a maximum of 8 units.

**Repeatable for Credit:** Yes, up to 8 units

**KINE 2000 Introduction to Kinesiology (3)**

An introduction to the interdisciplinary approach to the study of human movement. An overview of the importance of sub-disciplines in kinesiology will be discussed along with career opportunities in the areas of teaching, coaching, allied health and fitness professions. Lecture/discussion. This course is a prerequisite to all core KINE courses 3000-level and above (can be taken concurrently). Therefore, it should be taken as soon as possible within the required coursework. Prerequisites: GE A2, declared KINE major or minor and sophomore standing.

**Requisite(s):** Prerequisite: GE A2, declared KINE major or minor and sophomore standing.

**Typically Offered:** Fall, Spring

**KINE 2018 Introduction to Statistics for Health Sciences (3)**

This course introduces students to basic statistical concepts and methods for designing experiments and analyzing data related to physical activity, health, and wellness. Topics covered include descriptive statistics, parametric assumptions, correlations, regressions, t-tests, ANOVAs, statistical power, and null-hypothesis significance testing. Satisfies general education requirement Area B4 Quantitative Reasoning.

**General Education Attribute(s):** GE (B4) Quantitative Reasoning

**Typically Offered:** Fall, Spring

**Course Fee:** Yes

**KINE 2100 Sports Medicine I - Care and Prevention of Athletic Injuries (3)**

An introductory course for prospective athletic trainers, coaches, physical educators, and exercise physiologists to provide basic knowledge and skill in the care and prevention of athletic and physical activity related injuries. Emphasis is placed on qualities of a good athletic trainer, avoiding accidents and injuries, recognizing signs and symptoms of specific sports injuries and conditions, immediate and long-term care of injuries, and administration procedures in athletic training to include legal and ethical responsibilities. Lab fee required. Two units of lecture/discussion; one unit of lab.

**Course Fee:** Yes

**KINE 2700 Special Topics (1-3)**

Examination of current topics in a variety of kinesiology disciplines. May be repeated for credit with different topics up to maximum of 6 units.

**Repeatable for Credit:** Yes, up to 6 units

**Typically Offered:** Summer

**KINE 3000 Motor Growth and Development Across the Lifespan (3)**

This course examines the study of the relationship between physical growth, motor development, motor behavior and motor performance of individuals from infancy through old age, with emphasis on age, gender, and mental/physical limitations. Two units of lecture/discussion; one unit of lab. Prerequisites: GE B4, prerequisite or corequisite: KINE 2000.

**Requisite(s):** Prerequisite: GE B4, prerequisite or corequisite: KINE 2000

**KINE 3010 Measurement and Evaluation in Kinesiology (3)**

A study of measurement and evaluation procedures used in physical education, exercise science, and other fields within kinesiology. Emphasis is placed on application of statistical procedures and various measurement instruments/techniques, as well as interpretation of measurement results. Two units of lecture/discussion; one unit of lab. Prerequisites: GE B4, prerequisite or corequisite: KINE 2000.

**Requisite(s):** Prerequisite: GE B4, prerequisite or corequisite: KINE 2000

**KINE 3020 Psychology of Sport and Physical Activity (3)**

This course examines the study of psychological and sociological factors as they relate to play, sport, physical activity, and fitness. The course is designed to promote an understanding of the concepts and applied principles of sport and exercise psychology and related psychosocial variables. Findings and principles from the sport and exercise psychology literature will be applied to sport and physical activity participants. Lecture/discussion. Prerequisites: prerequisite or corequisite: KINE 2000.

**Requisite(s):** Prerequisite or corequisite: KINE 2000

**KINE 3030 Functional Anatomy in Kinesiology (4)**

The course will include a study of the structural and functional components of the musculoskeletal system. An emphasis will be placed on the bony landmarks, muscle origin, insertion, actions, and innervations, applying this knowledge of understanding the role of different muscles in how we move. Integration of this knowledge will also be placed on the underlining mechanics in assessing and evaluation human and sport related motion. Three units of lecture/discussion; one unit of lab. Prerequisite: BIOL 2210, GE B4; prerequisite or corequisite: KINE 2000.

**Requisite(s):** Prerequisite: BIOL 2210 and GE B4; Prerequisite/ Corequisite: KINE 2000.

**Typically Offered:** Fall, Spring

**KINE 3040 Physiology of Exercise (4)**

This course is an introductory study of human physiological responses and adaptations to acute and chronic exercise. Emphasis is placed on relevant information; such as proper exercise to promote/ develop fitness, and its practical application in physical education, fitness, and athletic training settings. Three units of lecture/discussion; one unit of lab. Lab fee required. Prerequisite: BIOL 2220, GE B4; prerequisite or corequisite: KINE 2000.

**Requisite(s):** Prerequisite: BIOL 2220, GE B4; prerequisite or corequisite: KINE 2000.

**Course Fee:** Yes

**KINE 3100 Sports Medicine II: Therapeutic Modalities (3)**

An advanced course for prospective athletic trainers, coaches, physical educators, and exercise physiologists to provide knowledge and skill in the application and clinical decision-making processes for utilizing therapeutic modalities during rehabilitation. Emphasis is placed on physiological mechanisms of tissue injury, inflammatory response, healing process and neurophysiology applied to musculoskeletal injuries and their treatment. Two units lecture/discussion; one unit lab. Prerequisite: KINE 2100 or equivalent. Lab fee required.

**Requisite(s):** Prerequisite: KINE 2100

**Typically Offered:** Spring

**Course Fee:** Yes

**KINE 3118 Epidemiology and Wellness (3)** 🦋

Study of the biologic, behavioral, social and environmental distribution and determinants of health, disease, disability, morbidity and mortality in human populations. Emphasis is on current research designs used to explore the variation of disease occurrence in order to understand the causes of disease. Findings are applied to disease prevention and health promotion. Lecture/discussion. Prerequisites: At least 45 units and completion of LD Area D. Satisfies general education upper division Area UDD and Theme Q: Quality of Life.

**Requisite(s):** Prerequisites: At least 45 units and completion of LD Area D.

**General Education Attribute(s):** Theme Q: Quality of Life, Upper Division D

**Typically Offered:** Fall, Spring

**KINE 3120 Nutrient Utilization for Human Performance and Sport (3)**

Exploration of macronutrients, micronutrients, nutritional ergogenic aids, cardiovascular disease prevention and sports performance in humans. Content focuses on fluid/electrolyte balance, vitamin metabolism, antioxidant nutrients, and special nutritional needs of female athletes in the context of the female athlete triad. Students will also learn methods for assessing current nutritional status. Three units lecture/discussion. Prerequisite: BIOL 2220.

**Requisite(s):** Prerequisite: BIOL 2220

**KINE 3130 Leadership and Teaching of Group Fitness (3)**

The course will study principles and methods of group exercise leadership and instruction. Primary focus will be on exercise programming, teaching methods, technique evaluation and supervision. Course includes active participation in a variety of labs that focus on group exercise modalities. Two units lecture/discussion; one-unit lab.

**Typically Offered:** Spring

**KINE 3300 Sociology of Sport and Physical Activity (3)**

A sociological examination depicting the rise of sport in contemporary society related to but not limited to sport in society, the scope and effect of sport on society (e.g., civic engagement, education, health), sport as an institution, sport and culture, and the future of sports will be explored. Three units lecture/discussion.

**Typically Offered:** To Be Determined

**KINE 3310 Legal and Ethical Issues in Physical Activity Settings (3)**

Legal and Ethical Issues in Physical Activity Settings This course provides an extensive overview of logical principles and ethical issues in sport and physical activity. The different fields of law and issues related to sport and physical activity (e.g., Federal Amendment, contract) are introduced. Additionally, the basic issues concerning ethics in sport and physical activity settings are examined. Three units lecture/discussion.

**Typically Offered:** To Be Determined

**KINE 3320 Motor Control and Learning (3)**

An introduction to the neuromuscular system and the mechanisms underlying the control and learning of movement. With particular attention on how the neuromuscular system can change due to aging, exercise, and clinical motor disorders. Two units lecture/discussion; one unit lab. Prerequisite or Corequisite: GE B4.

**Requisite(s):** Prerequisite or Corequisite B4.

**Typically Offered:** To Be Determined

**KINE 3330 Psychology of Coaching (3)**

Provides a foundation in coaching philosophy; communication and motivation principles; effective sport skills instructions; and player, team, and self-management. Through examination, students earn California Interscholastic Federation (CIF) / American Sport Education Program (ASEP) Bronze Level 1 Coaching Certification. Lecture/discussion.

**Typically Offered:** To Be Determined

**KINE 3338 Women, Sport and Physical Activity (3)** 🦋

Course will examine differences and commonalities of cultural sub-groups of women nationally and internationally in sport and how it intersects gender with age, socio-economic status, race and ethnicity and politics. Designed to broaden the understanding of and appreciation of diverse cultures as it relates to women's participation in sport through study of the historical, psychological, economic, media representation, and biomedical components. Three units lecture/discussion. Satisfies the GE Junior Year Diversity requirement and carries credit toward the Women, Gender and Sexuality minor course requirements. Prerequisites: complete at least 45 units; prerequisite or corequisite GE A2. Satisfies the general education requirement Junior Year Diversity and Reflection and carries credit toward the Women, Gender and Sexuality minor course requirements.

**Requisite(s):** Prerequisites: Complete at least 45 units; prerequisite or corequisite GE A2.

**General Education Attribute(s):** Junior Year Diversity Reflection

**Typically Offered:** Fall, Spring

**KINE 3340 Child and Adolescent Physical Activity and Health (3)**

This course is designed to provide pre-service elementary classroom teachers with an understanding of developmentally and instructionally appropriate physical education and health for children. Students develop an understanding of the curricular concepts and teaching techniques in physical education and health (e.g., nutrition, the physiological and sociological effects of abuse of alcohol, narcotics, and drugs and the use of tobacco) through reading, lecture/discussion, movement experiences, peer-teaching, and field experience. Two units lecture/discussion, one unit lab. Lab fee required.

**Course Fee:** Yes

**KINE 4110 Exercise Prescription for Health and Performance (4)**

A study of the development of appropriate individualized exercise prescriptions for health and performance. Application is made to athletic, normal, and diseased populations. Lab fee required. Three units lecture/discussion; one-unit lab. Prerequisite: KINE 3040

**Requisite(s):** Prerequisite: KINE 3040 or PEAK 404.

**Course Fee:** Yes

**KINE 4120 Principles of Strength and Conditioning (3)**

Analysis and application of scientific and practical foundations of strength and conditioning techniques and program design for diverse populations. Designed to prepare students for the National Strength and Conditioning Association's Certified Strength and Conditioning Specialist (NSCA-CSCS) test for national certification. Two units lecture/discussion; one-unit lab. Prerequisite: KINE 3040.

**Requisite(s):** Prerequisite: KINE 3040 or PEAK 404.

**KINE 4130 Biomechanics of Exercise and Sport (4)**

The study of basic qualitative and quantitative biomechanical principles and concepts and their application in the analysis of various human movements ranging from everyday activities to those that are sport-specific. Lab fee required. Three units lecture/discussion; one-unit lab. Prerequisite: KINE 3030.

**Requisite(s):** Prerequisite: KINE 3030 or PEAK 401.

**Course Fee:** Yes

**KINE 4140 Advanced Physiology of Exercise (4)**

An advanced study of human physiological adaptations to acute and chronic exercise in the context of research design, implementation, and presentation. Emphasis is placed on a more detailed study of topics covered in the introductory physiology of exercise course (KINE 3040) along with a study of new topics relevant to a broader understanding of exercise physiology. Laboratory experiences reinforce lecture content as well as introduce students to equipment and procedures utilized in various professional and research applications. Lab fee required. Three units lecture/discussion; one-unit lab. Prerequisite: KINE 3040.

**Requisite(s):** Prerequisite: KINE 3040 or PEAK 404.

**Typically Offered:** Spring

**Course Fee:** Yes

**KINE 4150 Clinical Exercise Physiology (3)**

A study of the impact of exercise on health and prevention or alleviation of chronic disease. Includes application of principles and techniques for valid, reliable, and safe testing of health fitness, performance fitness, and functional capacity (clinical testing) for various populations. Lab fee required. Two units lecture/discussion; one unit lab. Prerequisite: KINE 3040.

**Requisite(s):** Prerequisite: KINE 3040 or PEAK 404.

**Typically Offered:** Spring

**Course Fee:** Yes

**KINE 4160 Exercise and Aging (3)**

An examination of normal and diseased aging and the effects of physical activity on maintaining functional independence and a quality of life in older adults. Topics explored include physiological responses to acute and chronic exercise, the benefits and risks of physical activity, and life course barriers to active living specific to older adults. Three units lecture/discussion. Prerequisite: KINE 3040

**Requisite(s):** Prerequisite: KINE 3040 or PEAK 404.

**Typically Offered:** To Be Determined

**KINE 4170 Worksite Health Promotion (3)**

Course will examine models for planning, implementing and evaluating worksite health promotion programs. The course will focus on the essential elements of a worksite health promotion program that includes benefits, barriers and incentives for health promotion services and policies. Three units lecture/discussion.

**Typically Offered:** To Be Determined

**KINE 4210 Administration and Management of Physical Activity Programs (3)**

This course is designed to provide students with an overview of administration and management theories and implementation of fitness, sports, and physical activity programs in the community with respect to managing operations, developing and managing financial resources, and managing human resources. Topics covered also include club industry, recreational sports industry, youth sports in America, and campus, community, and military recreation. Three units lecture/discussion.

**Typically Offered:** Spring

**KINE 4220 Behavioral Aspects of Physical Activity and Exercise (3)**

Theoretical foundation of behavior change, specific strategies, tools and methods to motivate individuals to be physically active and sustain long-term lifelong physical activity. Three units lecture/discussion.

**KINE 4230 Physical Activity for Individuals with Disabilities (3)**

The purpose of the course is to provide an excellent resource for physical activity practitioners or students preparing to work with diverse populations in schools, fitness facilities, community recreation sites, and sport programs. This course shows how to provide optimal programming for all individuals (regardless of capability) so they can be healthy and active throughout the life-span. Two units lecture/discussion; One unit lab. Prerequisite: KINE 2000.

**Requisite(s):** Prerequisite or corequisite: KINE 2000

**Typically Offered:** Spring

**KINE 4240 Techniques of Teaching Lifelong Physical Activity (3)**

This course is designed to help students understand, implement, and instruct lifetime physical activities in various settings. Students develop instructional skills in teaching a variety of physical activities (e.g., individual activities, dual games, invasion games, and non-traditional activity). The emphasis of the course will be on understanding and developing pedagogical skills in physical activity and fitness through reading, lecture/discussion, movement experiences, field observation and peer-teaching. Two units lecture/discussion; one-unit lab. Lab fee required.

**KINE 4250 Physical Activity for Diverse Lifespan Populations (3)**

This course will explore physical activity opportunities through human lifespan development as well as for diverse populations. Emphasis of the course will be on an understanding of physical activity specific needs of children, adolescents, adults, women, overweight and obese individuals, old adults, and minority. Two units lecture/discussion; one-unit lab. Prerequisite: KINE 3010.

**Requisite(s):** Prerequisite: KINE 3010

**Typically Offered:** Spring

**KINE 4800 Directed Research (1-3)**

Individual research under the supervision of faculty. May include research in the areas of curriculum and materials development. Although repeatable, a maximum of three units may be applied to the major or minor. Prerequisite: consent of instructor required.

**Repeatable for Credit:** Yes, up to 3 units


**Typically Offered:** To Be Determined

**KINE 4850 Individual Study (1-3)**

Exploration of a specific topic, primarily through directed research or assignments with a professor. Prerequisites: consent of instructor and approval of both the Department Chair and Dean of the School of Social Science and Education [By Petition]. May be repeated for credit up to a maximum of 6 units.

**Repeatable for Credit:** Yes, up to 6 units

**Typically Offered:** To Be Determined

**KINE 4868 Internship and Capstone (3)** 

Supervised intern experience within a university program, agency, business, or industry for the purpose of acquiring additional knowledge and skills desirable for professional development in kinesiology. Specific requirements for academic credit will be developed and evaluated by a department faculty mentor and the field supervisor. Additionally, the course will help students understand how general education courses contributed to their professional development. Prerequisite: At least 90 units and completion of JYDR; and declared KINE major. Satisfies general education requirement Senior Capstone.

**Requisite(s):** Prerequisite: At least 90 units and completion of JYDR; and declared KINE major.

**General Education Attribute(s):** Capstone

**Typically Offered:** Fall, Spring

**KINE 4870 Cooperative Education (1-3)**

The Cooperative Education program offers a sponsored learning experience in a work setting, integrated with a field analysis seminar. The field experience is contracted by the Cooperative Education Office on an individual basis, subject to approval by the department. The field experience, including the seminar and reading assignments, is supervised by the cooperative education coordinator and the faculty liaison (or course instructor), working with the field supervisor. The determination of course credits, evaluation, and grading are the responsibility of the departmental faculty. Offered on a credit, no-credit basis only. The department will determine application of credit. [By Petition].

**Typically Offered:** To Be Determined

**KINE 4890 Experiential Learning (1-3)**

Credit for learning gained through prior off-campus experience related to the curriculum of the department. Requires documentation and department chair approval. Offered on a credit, no-credit basis only. This course is repeatable for a maximum of three units.

**Repeatable for Credit:** Yes, up to 3 units

**Typically Offered:** To Be Determined

**KINE 6010 Research Methods in Kinesiology (3)**

This course provides the student with knowledge about the design and analysis of research methodology employed when studying areas within Kinesiology. The theory, design, applications, and analytic strategies used for various types of research are presented in a sequential format. Goals of the course include 1) gaining the ability to critically evaluate research in the different areas of Kinesiology, 2) achieving competence in research methodology, and 3) understanding the conceptual application of analytic techniques to data. Prerequisite: Graduate student standing or permission of the instructor.

**Requisite(s):** Prerequisite: Graduate student standing or permission of the instructor.

**KINE 6020 Advanced Exercise Physiology (3)**

This course provides an in-depth study of physiological principles to exercise circumstances; includes critical analysis of the effect of exercise on human physiologic function with in-depth examination of current literature. Prerequisite: Graduate student standing or permission of the instructor.

**Requisite(s):** Prerequisite: Graduate student standing or permission of the instructor.

**Typically Offered:** To Be Determined

**KINE 6030 Advanced Movement Science (3)**

This course involves the application of mechanical principles, quantitative analysis of human movement, and advanced study of biomechanical instrumentation systems. Critical analysis of current research in the field of biomechanics is also emphasized. Prerequisite: Graduate student standing or permission of the instructor.

**Requisite(s):** Prerequisite: Graduate student standing or permission of the instructor.

**Typically Offered:** To Be Determined

**KINE 6040 Advanced Behavior Change (3)**

This course will provide students with information and skills necessary to understand biological, psychological, behavioral, and social influences of physical activity behavior. Students will examine, and critique behavior change theories. This course highlights practical tools and intervention techniques designed to promote behavior change and maintenance of physical activity and exercise behavior. Prerequisite: Graduate student standing or permission of the instructor.

**Requisite(s):** Prerequisite: Graduate student standing or permission of the instructor.

**Typically Offered:** To Be Determined

**KINE 6050 Advanced Program Design in Kinesiology (3)**

This course provides a study of the aerobics concept of conditioning, with special emphasis upon the cardiorespiratory system and the relationship between lifestyle and the risk factors of heart disease. Students learn to write exercise prescriptions to maintain health and fitness across various populations (normal, young, rehabilitation, geriatric, etc.). Prerequisite: Graduate student standing or permission of the instructor.

**Requisite(s):** Prerequisite: Graduate student standing or permission of the instructor.

**Typically Offered:** To Be Determined

**KINE 6060 Evidence-Based Practice in Kinesiology (3)**

This course will ensure that students are capable of lifelong learning. Necessary knowledge and skills in reading and critically appraising research evidence related to kinesiology will be taught, practiced, and demonstrated. Original research and reviews will be used as guides. Students will demonstrate ability to apply evidence-based practice by creating an evidence-based intervention plan designed to solve a problem of professional interest. Prerequisite: Graduate student standing or permission of the instructor.

**Requisite(s):** Prerequisite: Graduate student standing or permission of the instructor.

**Typically Offered:** To Be Determined

**KINE 6170 Kinesiology Practicum/Field Experience (3)**

Supervised intern experience within a university program, agency, business, or industry for the purpose of acquiring additional knowledge and skills desirable for professional development in kinesiology. This course is offered on a credit, no-credit basis only. Prerequisites: Approved petition for advancement to candidacy and instructor approval for placement. Can be taken concurrently with KINE 6800.

**Requisite(s):** Prerequisites: Approved petition for advancement to candidacy and instructor approval for placement.

**Typically Offered:** Fall, Spring, Summer

**KINE 6180 Kinesiology Research (3)**

Independent research where student, in consultation with faculty, formulates a problem and research design, produces a literature review and methodology, and applies for any required ethical approval. Literature review and methodology are approved by thesis committee. This course is offered on a credit, no-credit basis only. Prerequisites: Approved petition for advancement to candidacy. Can be taken concurrently with KINE 6810.

**Requisite(s):** Prerequisites: Approved petition for advancement to candidacy.

**KINE 6700 Current Topics in Kinesiology (3)**

Special topics course in contemporary issues and issues of current interest not covered in regular courses. May be repeated for up to 6 units toward degree. When offered, prerequisites and course requirements will be announced with each course. Prerequisite: Graduate student standing or permission of the instructor.

**Requisite(s):** Prerequisite: Graduate student standing or permission of the instructor.

**Repeatable for Credit:** Yes, up to 6 units

**Typically Offered:** To Be Determined

**KINE 6800 Culminating Experience (3)**

This course provides an opportunity for students to apply kinesiology concepts and planning competencies to a project within a university, community, regional, or national setting. Students implement programming, collect data, and/or conduct analyses relevant to the project; and prepare and defend a final report in written and oral form. This course is offered on a credit, no-credit basis only. Prerequisites: Approved petition for advancement to candidacy. Can be taken concurrently with KINE 6170.

**Requisite(s):** Prerequisites: Approved petition for advancement to candidacy.

**Typically Offered:** Fall, Spring, Summer

**KINE 6810 Kinesiology Thesis (3)**

Student completes investigation of a research problem by completing data collection, data analysis, and interpretation. Student completes a final written thesis and defends thesis in oral form. This course is offered on a credit, no-credit basis only. Prerequisites: Approved petition for advancement to candidacy. Can be taken concurrently with KINE 6180.

**Requisite(s):** Prerequisites: Approved petition for advancement to candidacy.

**Typically Offered:** Fall, Spring, Summer

**KINE 6820 Focused Topics in Kinesiology I (3)**

This capstone course is designed to build expertise by focusing on one of the subdisciplines of Kinesiology. Students will demonstrate expertise by producing critical reviews and tutorial presentations within one of the focus areas. Prerequisite: Graduate student candidate status or permission of the instructor.

**Requisite(s):** Prerequisite: Graduate standing.

**Typically Offered:** Fall, Spring, Summer

**KINE 6830 Focused Topics in Kinesiology II (3)**

This capstone course is designed to build expertise by focusing on one of the subdisciplines of Kinesiology. Students will demonstrate expertise by producing critical reviews and tutorial. This capstone course is designed to establish expertise by focusing on one of the subdisciplines of Kinesiology. Students will demonstrate expertise in their focused area by passing a comprehensive exam. Prerequisite: Graduate student candidate status or permission of the instructor.

**Requisite(s):** Prerequisite: Graduate standing.

**Typically Offered:** Fall, Spring, Summer

**KINE 7000 Continuous Enrollment (0)**

Graduate students who have completed the majority of their coursework but have not completed their culminating experience or thesis may enroll in this 0-unit course for the purpose of maintaining continuous enrollment. Prerequisite: approval of the Program Coordinator.

**Repeatable for Credit:** Yes, up to 99 units

## Faculty

**Faculty:** A. Barrera-Curiel, J. Gordon, K. Grappendorf, C. Harnetiaux, J. Hernandez-Sarabia, J. Kim, A. Lopez, J. Moffit, T. Moffit, E. Wang, B. Sanchez, Z. Zenko