

**KINESIOLOGY (KINE)**

**College of Arts and Sciences**

**KINE 101 (1)**

**Step Aerobics**

Aerobics fitness through step aerobics. *May be repeated for a total of eight (8) units. Graded Credit/No Credit.*

**KINE 102 (1)**

**Badminton**

Development of skill in badminton, including knowledge of rules, strategy and etiquette. *May be repeated for a total of four (4) units. Graded Credit/No Credit.*

**KINE 103 (1)**

**Basketball**

Development of understanding of rules, strategies, and basic skills in competitive basketball. *May be repeated for a total of four (4) units. Graded Credit/No Credit.*

**KINE 104 (1)**

**Golf**

Development of basic skill in playing golf, including rules, etiquette, and background. *May be repeated for a total of four (4) units. Graded Credit/No Credit.*

**KINE 105 (1)**

**Running**

Development of skill and training techniques for intermediate and distance running. *May be repeated for a total of four (4) units. Graded Credit/No Credit.*

**KINE 106 (1)**

**Soccer**

Development of skills, rules and strategy of soccer. *May be repeated for a total of four (4) units. Graded Credit/No Credit.*

**KINE 107 (1)**

**Tae Kwon Do**

Introduction to and exploration of the fundamental concepts, culture, discipline, and basic movements of Tae Kwon Do. *May not be taken for credit by students who have received credit for PE 182A and PE 210. Graded Credit/No Credit. May be repeated for a total of four (4) units.*

**KINE 108 (1)**

**Volleyball**

Development of skills, rules, and strategies of volleyball. *May be repeated for a total of four (4) units. Graded Credit/No Credit.*

**KINE 109 (1)**

**Weight Training**

Instruction in techniques of weight training, with an emphasis on strength, endurance, and flexibility. *May be repeated for a total of four (4) units. Graded Credit/No Credit.*

**KINE 110 (1)**

**Yoga**

The history, philosophy, and modern practice of yoga, with an emphasis on hatha yoga (physical yoga postures). *May not be taken for credit by students who have received credit for PE 211. May be repeated for a total of four (4) units. Graded Credit/No Credit.*

**KINE 111 (1)**

**Adapted Physical Education**

A physical education course for students with physical disabilities, who require modified forms of physical activity. *May be repeated to a total of four (4) units. Graded Credit/No Credit. Enrollment restricted to students who have obtained consent of instructor, who may request a physician's recommendation for admission into the course.*

**KINE 200 (1)**

**First Aid and Safety**

Acquaints the individual with emergency first aid procedures. Included in the subject matter will be wounds, splinting, burns, rescue breathing, diabetes, epilepsy, heart failure, stroke and environmental emergencies. Each student will have the opportunity to acquire his/her certification in Community First Aid and Safety. This course is taught by a certified American Red Cross instructor. *Enrollment restricted to Kinesiology and Pre-Nursing majors.*

**KINE 201 (1)**

**CPR and AED**

The Basic Life Support (BLS) for Healthcare Providers course covers core material such as adult and pediatric CPR (including two-rescue scenarios and use of the bag mask), foreign-body airway obstruction, and automated external defibrillation (AED). At the completion of this course, students will have the opportunity to become certified in BLS under the guidelines set forth by the American Heart Association. Course may be repeated once in order to maintain certification. *Enrollment restricted to Kinesiology and Pre-Nursing majors.*

**KINE 202 (3)**

**Introduction to Physical Education and Kinesiology**

Designed for first year and transfer students interested in the physical education profession. The goals of this course are to aid in the prospective majors in their career choices, to introduce students into fields closely related to exercise and nutritional sciences, to introduce students to current issues in exercise sciences, and to introduce students to key events and concepts in the evolution of exercise science as a discipline and as a profession. *Enrollment restricted to Pre-Kinesiology and Kinesiology majors.*

**KINE 204 (3)**

**Techniques and Analysis of Fitness and Weight Training**

Knowledge and understanding needed to plan and implement fitness and weight training programs. Analysis of the development, maintenance, implementation, and self-evaluation of physical fitness. Implementation of methods, techniques, instructional strategies, safety factors, motivation and necessary equipment for teaching physical fitness and weight training. Instruction and techniques in individual skills and strategies in weight training; also includes instruction on stretching for flexibility and injury prevention. *Enrollment restricted to Pre-Kinesiology and Kinesiology majors.*

**KINE 207 (2)**

**Techniques and Analysis of Baseball and Softball**

Instruction and practice in catching, throwing, hitting, sliding, base running and bunting. Comprehensive teaching of skills and techniques in baseball and softball. Knowledge and understanding needed to plan and implement baseball and softball programs. *Enrollment restricted to Kinesiology majors.*

**KINE 209 (2)**

**Techniques and Analysis of Golf**

Instruction and techniques in individual skills and strategies for successful performance in golf. Knowledge and understanding needed to plan and implement a golf program. *Enrollment restricted to Kinesiology majors.*

**KINE 300 (4)****Biomechanics of Human Movement**

Principles of mechanics applied to anatomical structure, function and gross human movement. The mechanics of selected implements and mechanical systems. The analysis of selected motor skills and applications. *Three hours of lecture and three hours of laboratory. Enrollment Requirement: BIOL 177, 178, and MATH 125.*

**KINE 301 (3)****Motor Control and Learning**

Study of the principles, models and theories of human movement, with an emphasis on the relevance to sport, physical education, human factors and human performance. Instruction is directed toward understanding the research methods used to evaluate motor control, fundamental principles of motor control, theoretical propositions of human movement control, and applications to movement-intense settings. *Enrollment Requirements: BIOL 175 and 176.*

**KINE 302 (3)****Care and Prevention of Athletic Injuries**

Examines the recognition, evaluation, and care of athletic injuries, including techniques in taping, prevention and rehabilitation of injuries. *Enrollment Requirements: BIOL 175 and 176.*

**KINE 304 (3)****Adapted Physical Education**

Designed to prepare Kinesiology majors to meet the physical activity program needs of persons with disabilities. Designed to understand the etiology and characteristics of persons with mental, physical, emotional, sensory, health, learning and/or multiple impairments. Understand when it is appropriate to successfully integrate the disabled individual into the physical education mainstream. *Enrollment Requirement: KINE 202.*

**KINE 305 (3)****Applied Kinesiology**

Designed to help students gain an in depth understanding of the musculoskeletal and neuromuscular systems. Muscle origins, insertions, and actions will be covered to help students develop foundational understanding of muscle function and joint movement. Muscle groups and their functional relationships will be presented with application to simple mechanical principles for the purposes of analyzing joint and full-body motion as it pertains to human movement in sports, exercise, and activities of daily living. Special emphasis will be placed on posture, gait, and movement screening, with the goal being to help students identify incorrect posture and movement patterns and the possible reasons for each. *Enrollment Requirements: BIOL 175, 176 and KINE 202, 204.*

**KINE 306 (3)****Exercise Fitness and Health**

Examines the relationship between an active lifestyle and health and the prevention of chronic disease through positive lifestyle choices. Includes in-depth evaluation of personal fitness levels and dietary intake.

**KINE 307 (3)****Techniques and Analysis of Team Court Sports**

Instruction in individual and team skills and techniques utilized in team court sports, with a focus on basketball and badminton content knowledge. Knowledge and understanding needed to critically reflect upon, comprehend, apply, analyze, synthesize, and evaluate each of the enduring understandings related to the planning and implementation of court sport at the P-12 level. *May not be taken for credit by students who have received credit for KINE 205. Enrollment restricted to Kinesiology majors.*

**KINE 308 (3)****Techniques and Analysis of Field Sports**

Instruction in individual and team skills and techniques utilized in team field sports, with a focus on tag rugby and soccer content knowledge. Knowledge and understanding needed to critically reflect upon, comprehend, apply, analyze, synthesize, and evaluate each of the enduring understandings related to the planning and implementation of court sport at the P-12 level. *May not be taken for credit by students who have received credit for KINE 206. Enrollment restricted to Kinesiology majors.*

**KINE 309 (3)****Techniques and Analysis of Individual Sports, Adventure Based Learning, and Outdoor Education**

Instruction in individual and team skills and techniques utilized in individual sports and activities, with a focus on track and field, adventure based learning, and outdoor education content knowledge. Knowledge and understanding needed to critically reflect upon, comprehend, apply, analyze, synthesize, and evaluate each of the enduring understandings related to the planning and implementation of court sport at the P-12 level. *May not be taken for credit by students who have received credit for KINE 208. Enrollment restricted to Kinesiology majors.*

**KINE 316 (3)****Stress Management**

Identifies the psychological, physiological, emotional and behavioral aspects of stress. The body's hormonal and neurological response in times of extreme emotion and the severe health consequences of these responses will be discussed. A variety of stress reduction techniques and biofeedback methods will be taught and practiced. *May not be taken for credit by students who have received credit for KINE 390H. Enrollment restricted to Kinesiology majors.*

**KINE 326 (4)****Introductory Exercise Physiology**

An introduction to the physiology of exercise. A description of cardiovascular, pulmonary, muscular, endocrine, neural, and metabolic responses to acute and chronic exercise. *Three hours of lecture and three hours of laboratory. Enrollment Requirements: BIOL 175 and 176.*

**KINE 336 (3)****Nutrition for Health and Exercise Performance**

Applies fundamental biological and nutritional concepts to enhance wellness and athletic performance via nutritional intervention. Students will review current literature and examine products designed to increase performance. Activity and dietary recalls will serve as the basis for individualizing nutritional programs. *Enrollment restricted to Kinesiology majors.*

**KINE 390 (3)****Topics in Kinesiology**

Selected Topics in the field of Kinesiology. *May be repeated for credit as topics change for a total of six (6) units. Students should check the Class Schedule for listing of actual topics.*

**KINE 400 (3)****Movement Theory and Practice of Elementary Physical Education for Children**

Provides a comprehensive overview of physical education activities for elementary school children. Includes the study of child development, personality development, analysis and practice of fundamental skills, selection of activities, organizational materials, and the evaluation of teaching ability. *Two hours of lecture and three hours of laboratory. Enrollment Requirement: KINE 202. Enrollment restricted to students with junior standing (>60 units). Prerequisite: KINE 304.*

**KINE 401 (3)**

**Principles, Organization and Management of Secondary School Physical Education**

Focuses on the principles of curricular development and administrative practices of physical education in the public schools, with an emphasis on secondary school physical education administrative practices. *Two hours lecture and three hours laboratory. Enrollment Requirement: KINE 202. Enrollment restricted to students with junior standing (>60 units). Prerequisite KINE 304.*

**KINE 402 (3)**

**Applied Theory of Teaching Team, Individual, and Dual Sports**

Focuses on knowledge and skill development related to planning, informing (lecturing, demonstrating), managing learners and the environment, and assessing instructional processes and outcomes for team, individual, and dual sports. A comprehensive analysis of the principles of movement and organizational strategies utilized in soccer, baseball, basketball, volleyball, badminton, tennis, pickle ball, racquetball, and track and field. *Enrollment Requirement: KINE 202. Enrollment restricted to students with junior standing (>60 units). Recommended Preparation: KINE 304 and senior standing (> 90 units).*

**KINE 403 (3)**

**Measurement and Evaluation in Kinesiology**

Principles and techniques of construction, organization, administration, interpretation and evaluation of measuring devices used in kinesiology. Includes critical evaluation of data using basic statistical techniques and an evaluation of research design in kinesiology-related studies. *Enrollment Requirement: KINE 204. Enrollment restricted to students who have completed the lower-division General Education requirement in Mathematics/Quantitative Reasoning (B4).*

**KINE 404 (3)**

**Introduction to Epidemiology**

An introductory course in the basic study of the risk factors for disease in populations. Emphasis on understanding the methodology of public health research, and how evidence-based medicine is used to determine optimal treatment approaches in clinical practice. Provides instruction in both observational and structured methodologies often used in epidemiological research. *Prerequisite: KINE 403.*

**KINE 405 (3)**

**Health and Drug Education**

An examination of the philosophical, ethical and theoretical foundations of the professional practice of health and drug education in school, community, work site and hospital settings. Emphasis is on the importance of health behavior as a contributor to current public health problems, as well as the role of health education and health promotion in addressing these problems. *Enrollment Requirement: KINE 202, PSYC 100.*

**KINE 406 (3)**

**Stress Testing and Exercise Prescription**

Practical and theoretical knowledge surrounding the various modes and protocols used in graded exercise testing, muscular strength/fitness testing, and exercise prescription based on test results in healthy and diseased populations. Includes an in-depth examination of electrocardiography and a brief introduction to pharmacology. *Prerequisite: KINE 326 with a grade of C (2.0) or better.*

**KINE 407 (3)**

**Principles of Health Promotion and Education**

Provides an overview of the breadth of programs and diversity of settings in the field of health education in health promotion. Explains the importance of health behavior as a contributor to current public health problems and the role of health education and health promotion programs in addressing them. Explores the concepts and skills required for carrying out effective health education programs in a variety of different settings, including school, community, health care, and worksite settings. Also discusses issues of ethical standards and quality assurance in health education and health promotion. *May not be taken for credit by students who have received credit for KINE 390-3. Enrollment Requirement: KINE 202. Enrollment restricted to Kinesiology majors.*

**KINE 426 (3)**

**Exercise Physiology and Special Populations**

An in-depth study of changes that occur due to acute and chronic exercise and the influence of disease on these processes. Examines human bioenergetics, fuel metabolism, body composition, and neuromuscular, endocrine, and cardio-respiratory physiology with an emphasis on differences across individuals. *Enrollment Requirement: KINE 204. Prerequisite: KINE 326.*

**KINE 495 (3)**

**Internship in Kinesiology**

Practical application of principles related to Kinesiology in a 90-hour internship approved by student's faculty advisor. *Graded credit/no credit. May be repeated once for credit. Enrollment restricted to students with Senior standing in last year of Program who have obtained consent of their faculty advisor. Prerequisite: KINE 326 with a grade of C (2.0) or better.*

**KINE 499A (1) 499B (2) 499C (3) 499D (4) 499E (5) 499F (6)**

**Independent Study in Kinesiology**

Students participate in faculty-driven and/or independent research projects in Kinesiology. *May be repeated for a total of six (6) units towards the major. Graded credit/no credit. Enrollment restricted to students who have obtained consent of instructor. May be repeated for a total of six (6) units towards the major. Enrollment restricted to students who have obtained consent of instructor.*

**LIBERAL STUDIES (LBST)**

**College of Arts and Sciences**

**LBST 307 (3)**

**Children and the Environment**

Provides an interdisciplinary exploration of the environment and children. Students will engage in cross-disciplinary exploration of children's rights, the development of children, childhood and socioeconomic conditions in developed and developing countries, the particular environmental health issues facing children, planning and sustainability, and children's relation to wild and urban areas. Particularly useful for students who are parents, or who plan to be parents, and for those who wish to work as teachers, or with children in other professions.