KINE 101 Introduction to Kinesiology

KINE 101 INTRODUCTION TO KINESIOLOGY
Explores the broad spectrum of kinesiology as an academic discipline, fundamental concepts and meaning of movement/physical activity, diversity of humans as moving beings, professional/career options, current/social issues, personal characteristics and professional responsibilities. Letter Grade Only. Degree Credit.

Units: 3
Hours/semester: 48-54 Lecture; 96-108 Homework
Recommended: Eligibility for ENGL 100.
AA/AS Degree Requirements: Area E1
Transfer Credit: CSU (CSU GE Area E1)
C-ID: KIN 100