# Kinesiology

(See also Aquatics, Dance, Fitness, Individual Sports, Team Sports, and Varsity Sports)

(View List of Kinesiology Families Across The District)

(Please make sure to see repeatability statement listed at the beginning of the Kinesiology, Athletics and Dance section)

## 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

**AA/AS Degree Requirements:** Area 7B

**Transfer Credit:** CSU, UC

**C-ID:** KIN 100

## KINE 105 STRESS MANAGEMENT

The stress process and its relation to health and disease, lifestyle, and the sociocultural environment. Analysis of physiological, psychological, sociological, and environmental parameters of stress, emphasizing development of personalized stress management strategies to enhance academic, personal, and social development across the lifespan. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

**Units:** 3

**Hours/semester:** 48-54 Lecture; 96-108 Homework

**AA/AS Degree Requirements:** Area 7B

**Transfer Credit:** CSU, UC

## KINE 109 LIFETIME FITNESS AND NUTRITION

This course is designed to help students identify the complex relationships between diet, physical fitness, and disease. The course includes a review of physical fitness guidelines and basic nutritional guidelines for optimum health and wellness throughout various stages of the lifespan. Personal lifestyle and behavior changes are emphasized as well as the impact poor health and wellness have on our society as a whole. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

**Units:** 3

**Hours/semester:** 48-54 Lecture; 96-108 Homework

**AA/AS Degree Requirements:** Area 7B

**Transfer Credit:** CSU, UC

## KINE 119 FIRST AID/ADULT AND PEDIATRIC CPR/AED

The adult and pediatric First Aid/CPR/AED course teaches students to recognize and treat ailments such as burns, cuts, and scrapes; sudden illnesses; head, neck, and back injuries; heat and cold emergencies; and breathing and cardiac emergencies, among victims of any age. Students who successfully complete this course receive a certificate for adult and pediatric First Aid/CPR/AED through the American Red Cross. Since the certificate is valid for only two years, a student may file a petition to repeat the course if it was completed more than 4 semesters ago. This is not an activity class. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

**Units:** 3

**Hours/semester:** 48-54 Lecture; 96-108 Homework

**AA/AS Degree Requirements:** Area 7B

**Transfer Credit:** CSU, UC

## KINE 137 STUDENT-ATHLETE SKILLS FOR SUCCESS, FIRST YEAR

Designed to introduce the first year student-athletes to the demands of collegiate academics. This course aids in the introduction to the common challenges of students participating in competitive collegiate sports; including student-athlete schedule management, and teacher-player communication. Student-athletes participate in athletic planning and academic monitoring along with California Community College Athletic Association eligibility requirements. Note: This course is not activity-based and is not applicable to the specific area requirement in Physical Education for the Associate Degree. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

**Units:** 1

**Hours/semester:** 48-54 Lab

**Transfer Credit:** CSU

## KINE 138 STUDENT-ATHLETE SKILLS FOR SUCCESS, SECOND YEAR

Designed for the second-year student-athletes with an emphasis on athletic and academic transfer requirements. This course aids in further exploration of the common challenges of students participating in competitive collegiate sports during their second year of competition, including student athlete schedule management, teacher-

player communication, leadership, and athletic transfer requirements in congruence with California Community College Athletic Association, National Association Intercollegiate Athletics, and National Collegiate Athletics Association bylaws and guidelines. Student athletes participate in athletic planning and academic monitoring. Note: This course is not activity-based and is not applicable to the specific area requirement in Physical Education for the Associate Degree. *Grade Option (Letter Grade or Pass/No Pass). Units do not apply toward AA/AS degree.*

**Units:** 1

**Hours/semester:** 48-54 Lab

**Prerequisites:** KINE 137

**Transfer Credit:** CSU