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