

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

