

# KINESIOLOGY

Kinesiology classes offer students an opportunity to enrich their education with emphasis on improved individual physical well-being as well as to prepare students for transfer to bachelor's degree programs in Kinesiology, Exercise Science, Physical Education, Physical Therapy, Athletic Training, Coaching and Fitness Management. Students may obtain an AS in Kinesiology and optimize preparation for advanced degrees in Kinesiology at four-year institutions. Typical employment opportunities in the field are in the areas of teaching, coaching, personal or group training, fitness instruction, fitness specialists, physical therapy assistants, recreation, as well as managerial positions in athletics and recreation centers.

## KIN V02 Swimming I 1 Unit

*Formerly:* PE V02

*In-Class Hours:* 8.75 lecture, 43.75 laboratory

*Advisories/Rec Prep:* 20 yards continuous swim on stomach and 20 yards continuous swim on back

This course is designed to instruct the student in four basic strokes, to develop the ability to survive in deep water, and to develop cardiovascular endurance.

**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V02, KIN V03, KIN V04, KIN V06. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** None

**CSU GE-Breadth:** E

**IGETC:** None

## KIN V03 Swimming II 1 Unit

*Formerly:* PE V03

*In-Class Hours:* 8.75 lecture, 43.75 laboratory

*Advisories/Rec Prep:* KIN V02 or equivalent skills

This course is designed to perfect the five basic strokes in swimming, to expand the knowledge and use of survival techniques and safety, and to develop cardiovascular endurance.

**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V03, KIN V02, KIN V04, KIN V06. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** None

**CSU GE-Breadth:** E

**IGETC:** None

## KIN V04 Swimming III 1 Unit

*Formerly:* PE V04

*In-Class Hours:* 8.75 lecture, 43.75 laboratory

This course is designed to instruct students in the basic swimming strokes at the demonstration level. Students will develop additional swimming strokes, learn water safety techniques, and maintain a high level of cardiovascular endurance.

**Grade Modes:** Letter Graded

**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V04, KIN V02, KIN V03, KIN V06. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** None

**CSU GE-Breadth:** E

**IGETC:** None

## KIN V06 Swimming IV 1 Unit

*Formerly:* PE V06

*In-Class Hours:* 8.75 lecture, 43.75 laboratory

This course is designed to instruct students to withstand a systematic, vigorous training schedule that will result in the development and maintenance of vital processes required for physical fitness. Endurance training and stroke proficiency will be stressed.

**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V06, KIN V02, KIN V03, KIN V04. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** None

**CSU GE-Breadth:** E

**IGETC:** None

## KIN V10 Aerobic and Strength Training 1 Unit

*Formerly:* PE V43

*In-Class Hours:* 8.75 lecture, 43.75 laboratory

This course is designed to meet the need for aerobic and strength fitness in adults of all ages. Various modes of aerobic exercises are emphasized in support of the cross-training concept. Resistance training using fixed weight of moderate to high intensity is used to develop muscular strength in all major muscle groups. Flexibility training is also emphasized to enhance skeletal range of motion. Information on exercise methods and principles, the physiology of the human body, fitness evaluation methodologies, and nutrition education are included in lecture.

**Grade Modes:** Letter Graded

**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V10, KIN V26. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** None

**CSU GE-Breadth:** E

**IGETC:** None

**KIN V12 Bicycle Conditioning: Spinning 1 Unit***Formerly:* PE V45*In-Class Hours:* 8.75 lecture, 43.75 laboratory

This course is designed to meet the needs for cardio-respiratory and lower body strength and fitness for students of all ages. Resistance training using different modes of bicycle resistance training and varying degrees of intensity are used throughout the course. Pre-exercise and post-exercise stretching, warm-up and cool-down techniques will also be included as part of the experience.

**Grade Modes:** Letter Graded**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V12, KIN V13, KIN V14, KIN V16, KIN V18, KIN V19, KIN V28. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** E**IGETC:** None**KIN V13 Advanced Spinning/Interval Training 1 Unit***In-Class Hours:* 8.75 lecture, 43.75 laboratory*Advisories/Rec Prep:* KIN V12

This course is designed to increase the cardiovascular level of fitness for the advanced spin student. Advanced resistance training techniques will be used including increasing core endurance, strength, balance and coordination. Racing tactics will be introduced and explored. The Real Ryder spin bicycle will be used as the training modality for advanced spin.

**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V13, KIN V12, KIN V14, KIN V16, KIN V18, KIN V19, KIN V28. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** E**IGETC:** None**KIN V14 Step Aerobics 1 Unit***Formerly:* PE V48*In-Class Hours:* 8.75 lecture, 43.75 laboratory

This course provides instruction and supervised practice of step aerobics. The emphasis is on the achievement and maintenance of cardiovascular conditioning while also improving other areas of physical fitness. An adjustable step platform is used so that the class can accommodate students with different fitness levels.

**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V14, KIN V12, KIN V13, KIN V16, KIN V18, KIN V19, KIN V28. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** E**IGETC:** None**KIN V16 Aerobic Kickboxing 1 Unit***Formerly:* PE V49; PE 49*In-Class Hours:* 8.75 lecture, 43.75 laboratory

This course provides instruction in kickboxing skills within a fitness modality. Students will learn kicks, strikes, punches, blocks, self defense strategies, and improve their fitness level by increasing flexibility, muscle strength, coordination, and cardiovascular endurance.

**Grade Modes:** Letter Graded**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V16, KIN V12, KIN V13, KIN V14, KIN V18, KIN V19, KIN V28. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** E**IGETC:** None**KIN V18 Cardiovascular Fitness: Machine Training 1 Unit***Formerly:* PE V50*In-Class Hours:* 8.75 lecture, 43.75 laboratory

This course covers the basic concepts of cardiovascular conditioning theory and practice, safety procedures of equipment usage, and cardiovascular training through the use of a variety of cardiovascular training machines including the treadmill, elliptical trainer, stair-stepper, rowers, and bicycles. The emphasis will be on achieving and maintaining cardio-respiratory fitness, muscular endurance, and flexibility.

**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V18, KIN V12, KIN V13, KIN V14, KIN V16, KIN V19, KIN V28. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** E**IGETC:** None**KIN V19 Indoor Cross Fitness Training 1 Unit***In-Class Hours:* 8.75 lecture, 43.75 laboratory

This course is designed to improve cardiovascular efficiency, muscle strength and overall conditioning for beginning level to advanced students. This is a cross training program combining functional training with cardiovascular training in a fun circuit framework.

**Grade Modes:** Letter Graded**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V19, KIN V12, KIN V13, KIN V14, KIN V16, KIN V18, KIN V28. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** E**IGETC:** None

**KIN V20 Walking to Restore Fitness 1 Unit***Formerly:* PE V36*In-Class Hours:* 8.75 lecture, 43.75 laboratory

This course will provide students with fitness training starting with walking. Individualized programs will be developed based on each student's current fitness level. Most rehabilitation needs can be accommodated. There will be an emphasis on developing and maintaining cardiovascular conditioning, muscular endurance and muscle tone, and weight management.

**Grade Modes:** Letter Graded**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V20, KIN V21, KIN V22, KIN V23, KIN V24. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** E**IGETC:** None**KIN V21 Fitness Walking/Jogging 1 Unit***In-Class Hours:* 8.75 lecture, 43.75 laboratory

This class is designed to provide exercise and fitness training for the advanced walker and beginning level runner. The emphasis is on cardiovascular conditioning, muscle strength and muscle endurance, while increasing flexibility, running form and technique.

**Grade Modes:** Letter Graded**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V21, KIN V20, KIN V22, KIN V23, KIN V24. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** E**IGETC:** None**KIN V22 Running for Fitness 1 Unit***Formerly:* PE V37*In-Class Hours:* 8.75 lecture, 43.75 laboratory

This course is an exercise program consisting of varied workouts to improve the cardiovascular level of fitness for the recreational runner. Topics will include the physiology of running, guidelines for proper nutrition, stretching and warm-up, and the development of an individualized running program.

**Grade Modes:** Letter Graded**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V22, KIN V20, KIN V21, KIN V23, KIN V24. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** E**IGETC:** None**KIN V23 Advanced Running/Interval Training 1 Unit***In-Class Hours:* 8.75 lecture, 43.75 laboratory

This class is an exercise program consisting of varied workouts to improve the cardiovascular level of fitness for the advanced runner. Class will consist of varied workouts involving timed interval training on the track, trails and hills.

**Grade Modes:** Letter Graded**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V23, KIN V20, KIN V21, KIN V22, KIN V24. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** E**IGETC:** None**KIN V24 Life Fitness 1 Unit***Formerly:* PE V55*In-Class Hours:* 8.75 lecture, 43.75 laboratory

This course is designed for students who want to design, implement, and monitor an individual fitness program. Topics will include: the components of physical fitness, including cardiovascular and muscular endurance, strength development, flexibility, and body fat composition; health benefits of exercise; fitness testing; the human body, including exercise physiology, muscle groups, and nutrition; cardiovascular disease; safety precautions; and the elements of a well-designed personal fitness program. Students will also develop an individualized fitness training program appropriate to their interests and ability.

**Grade Modes:** Letter Graded**Field Trips:** May be required**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V24, KIN V20, KIN V21, KIN V22, KIN V23. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** E**IGETC:** None

**KIN V26 Weight Training and Conditioning: Free Weights 1 Unit***Formerly:* PE V41*In-Class Hours:* 8.75 lecture, 43.75 laboratory

This course is designed to increase understanding of the principles of muscular fitness and to develop and maintain an increased level of muscular fitness, muscle strength, endurance and flexibility through the use of free weights. Participation in this course will improve body form and function through conditioning exercises and increase muscle strength, endurance and flexibility using principles of resistive hyperkinetic exercise. Emphasis will be placed on the utilization of the overload principle and its relationship to muscle fitness.

**Grade Modes:** Letter Graded**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V26, KIN V10. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** E**IGETC:** None**KIN V28 Conditioning: Designed for Women 1 Unit***Formerly:* PE V46*In-Class Hours:* 8.75 lecture, 43.75 laboratory

This course is designed to improve general fitness, cardiovascular efficiency, and strength. Students will study basic principles of exercise physiology and weight management. Activities will include aerobics, step aerobics, kick boxing, light weights, and mat work.

**Grade Modes:** Letter Graded**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V28, KIN V12, KIN V13, KIN V14, KIN V16, KIN V18, KIN V19. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** E**IGETC:** None**KIN V33 Body Conditioning Boot Camp 1 Unit***In-Class Hours:* 8.75 lecture, 43.75 laboratory

Introduces boot camp style methods for total body conditioning designed to improve cardiovascular fitness, muscle strength and muscular endurance. Class incorporates the use of a variety of resistance training systems and equipment to enhance agility, flexibility, balance training and body composition management. May include both indoor and outdoor terrain and emphasizes functionality that can enhance performance in everyday activities and sports while encouraging life long physical fitness.

**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Credit Limitations:** See counselor.**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** E**IGETC:** None**KIN V40A Basketball I 1 Unit***Formerly:* KIN V40*In-Class Hours:* 8.75 lecture, 43.75 laboratory

This course introduces the fundamentals of basketball, including the history of the game, and the skills to play the game. Students will transfer the skills of basketball to a game-playing situation. Emphasis will be placed on shooting, passing, dribbling and game strategies.

**Grade Modes:** Letter Graded**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V40A, KIN V40B, KIN V46A, KIN V46B, KIN V48A, KIN V48B. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** E**IGETC:** None**KIN V40B Basketball II 1 Unit***In-Class Hours:* 8.75 lecture, 43.75 laboratory

Students will be introduced to intermediate/advanced basketball techniques including dribbling, shooting, advanced offensive and defensive skills and game strategies.

**Grade Modes:** Letter Graded**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V40B, KIN V40A, KIN V46A, KIN V46B, KIN V48A, KIN V48B. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** E**IGETC:** None**KIN V44A Tennis I 1 Unit***Formerly:* KIN V44*In-Class Hours:* 8.75 lecture, 43.75 laboratory

This course teaches the basic skills of tennis including basic strategy, rules, etiquette, and techniques of playing tennis and introduces tennis grips, forehand, backhand, serve, volley, lob, and scoring.

**Grade Modes:** Letter Graded**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V44A, KIN V44B. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** E**IGETC:** None

**KIN V44B Tennis II 1 Unit**

*Formerly:* KIN V58

*In-Class Hours:* 8.75 lecture, 43.75 laboratory

*Advisories/Rec Prep:* KIN V44A or equivalent skills

This course introduces the advanced techniques and theory of playing tennis including strategy of tournament playing.

**Grade Modes:** Letter Graded

**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V44B, KIN V44A. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** None

**CSU GE-Breadth:** E

**IGETC:** None

**KIN V46A Volleyball I 1 Unit**

*Formerly:* KIN V47

*In-Class Hours:* 8.75 lecture, 43.75 laboratory

This course introduces the basic skills of volleyball including strategy, rules, individual skills, and techniques of playing volleyball.

**Grade Modes:** Letter Graded

**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V46A, KIN V40A, KIN V40B, KIN V46B, KIN V48A, KIN V48B. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** None

**CSU GE-Breadth:** E

**IGETC:** None

**KIN V46B Volleyball II 1 Unit**

*Formerly:* KIN V62

*In-Class Hours:* 8.75 lecture, 43.75 laboratory

*Advisories/Rec Prep:* KIN V46A or equivalent skills

Students will be introduced to advanced techniques of volleyball, including the overhand serve, blocking, digging, and power spiking. Continuing development of proper technique is emphasized.

**Grade Modes:** Letter Graded

**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V46B, KIN V40A, KIN V40B, KIN V46A, KIN V48A, KIN V48B. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** None

**CSU GE-Breadth:** E

**IGETC:** None

**KIN V48A Soccer I 1 Unit**

*Formerly:* KIN V48

*In-Class Hours:* 8.75 lecture, 43.75 laboratory

This course is designed to help students develop skills to play soccer. Topics include the history of soccer, rules, safety, techniques and strategy.

**Grade Modes:** Letter Graded

**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V48A, KIN V40A, KIN V40B, KIN V46A, KIN V46B, KIN V48B. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** None

**CSU GE-Breadth:** E

**IGETC:** None

**KIN V48B Soccer II 1 Unit**

*In-Class Hours:* 8.75 lecture, 43.75 laboratory

This course is designed to help students develop advanced soccer skills. Topics include the rules of soccer, safety, advanced techniques, and advanced strategy.

**Grade Modes:** Letter Graded

**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V48B, KIN V40A, KIN V40B, KIN V46A, KIN V46B, KIN V48A. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** None

**CSU GE-Breadth:** E

**IGETC:** None

**KIN V50A Aikido I 1 Unit**

*Formerly:* KIN V50

*In-Class Hours:* 8.75 lecture, 43.75 laboratory

This course is designed for students who want to develop introductory skills in Aikido. Aikido is a powerful martial art developed in Japan. The practice of Aikido includes warm up and flexibility exercises, practical combative and defensive techniques combined with an appreciation for formal etiquette. Students will develop a greater understanding of the relationship between mind, body, and spirit, which will help them deal with both physical and mental conflict in a more positive way.

**Grade Modes:** Letter Graded

**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V50A, KIN V50B, KIN V52, KIN V76A, KIN V76B. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** None

**CSU GE-Breadth:** E

**IGETC:** None



**KIN V50B Aikido II 1 Unit**

*In-Class Hours:* 8.75 lecture, 43.75 laboratory

*Advisories/Rec Prep:* KIN V50A

This course is designed for students who want to develop advanced skills in Aikido. Class consists of advanced flexibility exercises and practical combative and defensive techniques, combined with an advanced understanding and appreciation of etiquette.

**Grade Modes:** Letter Graded

**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V50B, KIN V50A, KIN V52, KIN V76A, KIN V76B. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** None

**CSU GE-Breadth:** E

**IGETC:** None

**KIN V52 Self-Defense and Assault Prevention 1 Unit**

*Formerly:* PE V31

*In-Class Hours:* 8.75 lecture, 43.75 laboratory

This course is an introduction to self-defense, personal and community safety, and assault prevention. Emphasis will be placed on practical techniques and methods of self-defense and the application of assault prevention strategies.

**Grade Modes:** Letter Graded

**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V52, KIN V50A, KIN V50B, KIN V76A, KIN V76B. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** None

**CSU GE-Breadth:** E

**IGETC:** None

**KIN V70A Yoga I 1 Unit**

*Formerly:* KIN V70

*In-Class Hours:* 8.75 lecture, 43.75 laboratory

This course introduces yoga techniques for the beginning student. Yoga means "union." This course will emphasize the physiological integration and harmonization of the mind, body and spirit through Hatha Yoga. Hatha Yoga is a form that emphasizes asanas (postures) and incorporates pranayama (breath control). Students will improve physical strength and muscular endurance, increase circulation, and improve flexibility and balance. They will also learn to quiet the mind, improve concentration and focus, and reduce stress.

**Grade Modes:** Letter Graded

**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V70A, KIN V70B, KIN V72, KIN V74A, KIN V74B. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** None

**CSU GE-Breadth:** E

**IGETC:** None

**KIN V70B Yoga II 1 Unit**

*In-Class Hours:* 8.75 lecture, 43.75 laboratory

*Advisories/Rec Prep:* KIN V70A

Students will build on their knowledge and skills learned in Yoga I. Level II poses, asanas, flow combinations will be performed. Physiological and psychological benefits of Yoga will be discussed as well as integrating mind, body and spirit.

**Grade Modes:** Letter Graded

**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V70B, KIN V70A, KIN V72, KIN V74A, KIN V74B. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** None

**CSU GE-Breadth:** E

**IGETC:** None

**KIN V72 Stress Reduction Activities 1 Unit**

*In-Class Hours:* 8.75 lecture, 43.75 laboratory

This course introduces practical stress management tools through a variety of modes including: breathing techniques, stretching, visualization, somatic scanning, Yoga, meditation, walking meditation, Tai Chi and other modalities. Students will learn to apply these techniques into their daily lifestyle to reduce the deleterious effects of stress.

**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V72, KIN V70A, KIN V70B, KIN V74A, KIN V74B. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** None

**CSU GE-Breadth:** E

**IGETC:** None

**KIN V74A Core Balance and Fitness 1 Unit**

*Formerly:* KIN V74

*In-Class Hours:* 8.75 lecture, 43.75 laboratory

This course introduces functional fitness using balance and coordination techniques obtained from the core of the body. Fitness concepts introduced are: core strength, flexibility, muscular strength and endurance, and balance training. A variety of fitness modalities will be introduced and discussed such as: resistance training techniques, ball techniques, mat training, breathing techniques, Pilates inspired exercises, and core exercise combinations.

**Grade Modes:** Letter Graded

**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V74A, KIN V70A, KIN V70B, KIN V72, KIN V74B. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** None

**CSU GE-Breadth:** E

**IGETC:** None

**KIN V74B Advanced Core Balance and Fitness 1 Unit***In-Class Hours:* 8.75 lecture, 43.75 laboratory*Advisories/Rec Prep:* KIN V74A

This course expands upon functional fitness using balance and coordination techniques and introduces intermediate and advanced skills through the core of the body. Students will focus on developing the application of kinesiology principles. Plyometrics, eccentric and concentric contractions, body planes, corrective techniques, and fitness assessment techniques will be introduced.

**Grade Modes:** Letter Graded**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V74B, KIN V70A, KIN V70B, KIN V72, KIN V74A. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** E**IGETC:** None**KIN V76A Tai Chi I 1 Unit***In-Class Hours:* 8.75 lecture, 43.75 laboratory

This course introduces Tai Chi movement for the beginning student. Emphasis will be placed on the integration and harmonization of the mind, body and spirit. Students will be introduced to a traditional Tai Chi style and will learn basic Tai Chi skills including breathing techniques, mindfulness, focus, postures, forms and sequences. Students will increase circulation and improve flexibility, postural alignment, balance and concentration while conserving energy and reducing stress.

**Grade Modes:** Letter Graded**Credit Limitations:** See counselor.

**Family:** College faculty have identified courses in the following list as a family: KIN V76A, KIN V50A, KIN V50B, KIN V52, KIN V76B. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** E**IGETC:** None**KIN V76B Tai Chi II 1 Unit***In-Class Hours:* 8.75 lecture, 43.75 laboratory*Advisories/Rec Prep:* KIN V76A

This course is designed for students wanting to learn and enhance intermediate/advanced skills in Tai Chi. Students will examine the philosophical, physiological, and psychological aspects of Tai Chi and will improve their form, balance, and technique of the basic moves within the first and second set sequences. The third set will be introduced and students will be able to perform the entire long form of Yang style Tai Chi. Integration of the mind and body as well as the application of Tai Chi principles for stress reduction in daily living will be emphasized.

**Grade Modes:** Letter Graded**Credit Limitations:** See counselor..

**Family:** College faculty have identified courses in the following list as a family: KIN V76B, KIN V50A, KIN V50B, KIN V52, KIN V76A. A student may take a maximum of four (4) courses from this family.

**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** E**IGETC:** None**KIN V80 First Aid, Safety, AED, and CPR for the Professional 3 Units***In-Class Hours:* 52.5 lecture*C-ID:* KIN 101

This course covers prevention of accidents, procedures for treating wounds, shock, poisoning, fractures, injuries, and burns; provides instruction in CPR, AED (Automated External Defibrillation); and discusses the role of the professional rescuer in the EMS (Emergency Medical System). Students may qualify for Standard American First Aid Certificate, CPR/AED for the Professional Rescuer Certificate.

**Grade Modes:** Letter Graded**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E1**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None**KIN V81 Fundamentals of Kinesiology 3 Units**

This course introduces the student to the discipline of kinesiology. Topics include: historical overview, theory, scope and scientific principles of kinesiology, human movement, and the relationship between kinesiology and the complementary fields of fitness training, athletic training, physical and adaptive physical education, and sports medicine.

**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Credit Limitations:** see counselor.**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E1**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** E**IGETC:** None

**KIN V84 Introduction to Athletic Training 3 Units***Formerly:* HED V94*In-Class Hours:* 35 lecture, 52.5 laboratory

This is an introductory course covering the care, treatment and prevention of athletic injuries. This course is designed to provide information and skill development required in the growing profession of athletic training and its role in sports medicine. Topics include: history of athletic training, anatomical structures, injury evaluation and diagnostic procedures, injury prevention, nutrition, performance enhancing drugs, treatment modalities and rehabilitation of specific sports conditions, emergency situations, taping and wrapping techniques, and cutting edge technologies.

**Grade Modes:** Letter Graded**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None**KIN V85 Personal Fitness Training for Certification: NASM CPT PREP 3 Units***Formerly:* PE V100*In-Class Hours:* 35 lecture, 52.5 laboratory

This course is designed to introduce basic exercise science and human movement concepts for appropriate exercise programming. Includes learning and applying fitness assessments for a variety of populations and abilities. Relates the principles of exercise science and program design to prepare students for successful completion of a personal training certification. The National Academy of Sports Medicine Certified Personal Trainer guidelines are followed and VC students receive a discount on NASM CPT certification tests.

**Grade Modes:** Letter Graded**Field Trips:** May be required**Credit Limitations:** see counselor.**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None**KIN V90 Directed Studies in Kinesiology 1-6 Units***Formerly:* PE V90*In-Class Hours:* 52.5-315.0 laboratory*Prerequisites:* varies with topic

This course offers specialized study opportunities for students who wish to pursue projects not include in the regular curriculum. Students are accepted only by a written project proposal approved by the discipline prior to enrollment.

**Grade Modes:** Letter Graded**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None**KIN V95 Kinesiology Internship I 1-4 Units***Formerly:* PE V95*In-Class Hours:* 60-240 unpaid cooperative

**Corequisites:** enrolled in a minimum of 7 units to include internship  
**Advisories/Rec Prep:** completion of or concurrent enrollment in one course in the discipline

This course offers students who are volunteers (unpaid) an opportunity to obtain work experience related to their field of study. Students are accepted as a result of consultation with a designated faculty member in the discipline and the acceptance of an approved work proposal.

**Grade Modes:** Pass/No Pass Grading**Field Trips:** Will be required**Credit Limitations:** see counselor; for UC, determined after admission.**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None**KIN V96 Kinesiology Internship II 1-4 Units***Formerly:* PE V96**Corequisites:** enrolled in a minimum of 7 units to include internship.

Offered on a pass/no pass basis only

**Advisories/Rec Prep:** completion of or concurrent enrollment in one course in the discipline

This course offers students who are employed in the field an opportunity to expand their work experience related to their field of study. Students are accepted as a result of consultation with a designated faculty member in the discipline and the acceptance of an approved work proposal.

**Grade Modes:** Pass/No Pass Grading**Field Trips:** Will be required**Credit Limitations:** see counselor; for UC, determined after admission.**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None

- Kinesiology, Associate in Arts for Transfer (<http://catalog.vcccd.edu/ventura/programs-courses/kinesiology/kinesiology-aat/>)