KINESIOLOGY - PHYSICAL EDUCATION

Kinesiology studies human anatomy and physiology and the mechanics of body movement both theoretically and in practice through physical activities.

A diverse curriculum includes lower division theory courses designed for those who want:

• To complete an associate in science degree in kinesiology;
• A basic instruction program with a wide variety of movement experiences for the development of physical activity skills and with the knowledge necessary for lifetime wellness;
• An adapted activities curriculum for students with disabilities; and
• An intercollegiate athletic program that offers performance-oriented students opportunities for competition.

Kinesiology courses satisfy general education requirements for an associate degree for transfer in kinesiology, an associate degree for transfer in nutrition and dietetics, an associate in science degree in kinesiology, athletic training, coaching and personal trainer skill awards, and lower division transfer. The Honors Program includes one kinesiology course: KIN 171H Health and Wellness - Honors.

Faculty

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<thead>
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Discipline Website
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Learning Outcomes

This discipline prepares students to do the following:

• Analyze and appropriately adjust the intensity of a workout in accordance with personal target heart rate zone related to ACSM (American College of Sports Medicine) guidelines to achieve maximal benefit.
• Exhibit awareness and identify the dimensions of health and recognize positive characteristics of each dimension in order to live a more healthy lifestyle.
• Demonstrate competency in physical education fundamental techniques to improve individual sport-specific skills.
• Synthesize feedback received from game play, instructor feedback and assessment to develop an understanding of current skill level and areas for growth.
• Determine current level of fitness as measured by one or more of the following tests: resting heart rate, blood pressure, sit and reach flexibility, skin fold measurements, muscular endurance tests, and cardiovascular sub-maximal tests.
• Assess lifestyle behaviors, nutrition practices, family health history, cardiovascular disease risk factors, and prevention of infectious/noninfectious diseases.

Course Families

Important Information About Kinesiology Course Descriptions

Kinesiology courses are grouped together as course “families.” Students are allowed to take only four courses from each “family.” All grades received, including F, WD, and NC grades count towards the four courses.

The kinesiology course families are listed as follows.

Aquatics (Family 1)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Description</th>
<th>Credits</th>
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<tbody>
<tr>
<td>KIN 141</td>
<td>Lifeguard Training</td>
<td>1</td>
</tr>
<tr>
<td>KIN 142</td>
<td>Swimming - Beginning</td>
<td>1</td>
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<tr>
<td>Course Code</td>
<td>Course Title</td>
<td>Units</td>
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<tr>
<td>KIN 100</td>
<td>Introduction to Kinesiology</td>
<td>3</td>
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<tr>
<td></td>
<td>Strongly recommended: ENGL 101</td>
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<tr>
<td>KIN 101</td>
<td>Badminton</td>
<td>1</td>
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<tr>
<td></td>
<td>Strongly recommended: ENGL 101</td>
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<tr>
<td>KIN 103</td>
<td>Golf</td>
<td>1</td>
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<td></td>
<td>Strongly recommended: ENGL 101</td>
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<tr>
<td>KIN 104</td>
<td>Self-Defense and Personal Safety</td>
<td>1</td>
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<tr>
<td></td>
<td>Strongly recommended: ENGL 101</td>
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<tr>
<td>KIN 108</td>
<td>Tennis</td>
<td>1</td>
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<tr>
<td></td>
<td>Strongly recommended: ENGL 101</td>
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<tr>
<td>KIN 116</td>
<td>Yoga</td>
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</tr>
<tr>
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<td>Strongly recommended: ENGL 101</td>
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**Courses**

**Kinetics - Physical Education**

**KIN 143**
Swimming - Intermediate/Advanced

**Individual Sports (Family 2)**
- KIN 101 Badminton
- KIN 103 Golf
- KIN 108 Tennis

**Team Sports (Family 3)**
- KIN 130 Basketball
- KIN 133 Soccer
- KIN 134 Softball
- KIN 135 Volleyball

**Aerobic Fitness (Family 4)**
- KIN 146 Water Exercise
- KIN 147 Swimming for Cardiovascular Improvement
- KIN 151 Body Conditioning
- KIN 153 Walking/Jogging
- KIN 159 Cardiovascular Training

**Resistance Training (Family 5)**
- KIN 120 Body Weight Suspension Training
- KIN 145 Strength Training, Balance and Agility
- KIN 152 Weight Training

**Progressive Relaxation (Family 6)**
- KIN 116 Yoga
- KIN 117 Vinyasa, Aerial, and Acroyoga

**Combatives (Family 7)**
- KIN 104 Self-Defense and Personal Safety

**KIN 100**
Introduction to Kinesiology
3 Units (AA/AS; Citrus E2; CSU; UC; CSUGE E)
54 lecture hours
Grade Mode: Standard Letter

**KIN 101**
Badminton
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 101
Grade Mode: Pass/No Pass, Standard Letter

Development of skills necessary to participate in a game of badminton. Course will improve skills through supervised instruction.
KIN 117
Vinyasa, Aerial, and Acroyoga
1 Unit (AA/AS; Citrus E3; CSU; UC; CSUGE E)
18 lecture hours, 18 lab hours
Grade Mode: Standard Letter
Strongly recommended: KIN 116.
Students continue to build upon fundamental skills by applying an assortment of ancient yoga techniques to enhance wellness and well-being with greater focus and specificity using more rigorous vinyasa, aerial yoga, and acroyoga therapeutic practices. Students will progress from basic to more advanced yoga postures (asana), breathing techniques (pranayama), and meditation techniques (dhyana) while also gaining greater awareness of ancient systems of the history, language, and practice of yoga. In this course students explore ancient systems of yoga practice in light of modern interpretations. The course presents an evolutionary approach to yoga asana (physical postures), pranayama (breathing), philosophy, and meditation. The emphasis is on application and theory through practice, discovery, reflection and discussion.

KIN 118
Meditation and Mindfulness
2 Units (AA/AS; CSU; UC; CSUGE E)
36 lecture hours
Grade Mode: Standard Letter
Examines the theoretical concepts and practical application strategies in the field of stress management. Physiological and psychological consequences of prolonged stress responses are explored to assist the learner in determining their stress exposure in order to better observe behavioral patterns and clearly apply the various systems of meditation, mindfulness, and relaxation techniques that will be explored during the course.

KIN 119
Personal Training
3 Units (AA/AS; CSU)
54 lecture hours
Grade Mode: Standard Letter
Prerequisite(s): KIN 100 or KIN 170 or KIN 171 or KIN 171H or KIN 172 or KIN 173.
Strongly recommended: ENGL 101.
This course covers theoretical concepts, guidelines, and relevant information necessary to become a certified personal trainer and pass the NCSF-CPT (National Council On Strength and Fitness- Certified Personal Trainer) Exam. The course seeks to educate potential registrants for the NCSF-CPT exam on topics ranging from anatomy and biomechanics through nutrition, exercise prescription, and training. Instruction for a variety of able-bodied populations in order to enter the fitness industry as a competent and qualified personal trainer. Required printed materials for the course are the same as those required to register for the certification exam offered by the National Council on Strength and Fitness. Exam fees and materials may be purchased directly from NCSF.org.

KIN 120
Body Weight Suspension Training
1 Unit (AA/AS; CSU; UC)
18 lecture hours, 18 lab hours
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course will include exercises using body weight as resistance with band suspension to develop muscular strength, muscular endurance, and core strength while improving balance, coordination, and flexibility.

KIN 130
Basketball
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 130
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
Techniques in basketball such as ball handling, passing, receiving, screening, cutting, shooting, team play and strategy of the game. Rules are included.

KIN 133
Soccer
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 133
Grade Mode: Pass/No Pass, Standard Letter
Course is designed to teach fundamentals of soccer and to develop physical stamina and neuromuscular coordination. Active participation will take place in interclass competition. Improve skills by repetition and supervised instruction.

KIN 134
Softball
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 134
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
Instruction in the basic skills and techniques of play in softball. Students will be required to understand the statistical aspect of the game. Course will improve proficiency in skills by repetition and supervised instruction.

KIN 135
Volleyball
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 135
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
Instruction will be centered upon improving proficiency on the development of basic volleyball skills with an emphasis on setting, digging, serving, spiking and team strategies. Development of offensive and defensive strategies for doubles, 3 on 3, 4 on 4.

KIN 141
Lifeguard Training
1 Unit (AA/AS; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 141
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: Successful completion of pretest assessment of swimming strokes; ENGL 101.
This course is designed to develop and perfect the basic swimming strokes needed to successfully execute the various lifesaving skills, as well as improve general skills and proficiency in the water. Upon completion of the course a student who successfully passes written and practical exams will be eligible to be certified for an American Red Cross Lifesaving and the American Red Cross CPR for the professional Rescuer Cards. If a student wishes to receive a certification card they must pay the required Red Cross fee.
KIN 142
Swimming - Beginning
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 142
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course provides basic instruction and practice in the fundamental elements of swimming including beginning diving and water safety instruction. The class is designed to develop proficiency in the basic swim strokes.

KIN 143
Swimming - Intermediate/Advanced
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 143
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: KIN 142.
This course is designed to develop knowledge and skill in competitive swimming strokes. Swimming strokes to be taught are the freestyle, back stroke, breast stroke, and dolphin butterfly. The class will emphasize the development of cardiovascular aerobic conditioning.

KIN 144
Water Safety Instructor
1 Unit (AA/AS; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 144
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: KIN 142.
This course provides an opportunity for the student to qualify for the American Red Cross Safety Instructor Certificate. The class is designed to teach the student how to teach swimming on all levels as well as basic and advanced lifesaving. If a student wishes to receive a card they must pay the required Red Cross fee.

KIN 145
Strength Training, Balance and Agility
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 145
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
Designed to introduce students to proprioceptive training. Proprioceptive training can improve balance, core strength, quickness, and agility and reduce the risk of injury. This type of training can benefit all movements performed in our daily life, not just those dealing with sports or athletic movements.

KIN 146
Water Exercise
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 146
Grade Mode: Pass/No Pass, Standard Letter
Low impact water exercise class provides a better understanding of body movement while in the water. Designed to develop strength, flexibility, cardiovascular endurance, and coordination.

KIN 147
Swimming for Cardiovascular Improvement
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 147
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course will emphasize swimming for health and physical fitness. The class is designed to decrease the risk of coronary heart disorders by increasing heart efficiency, vital lung capacity, and the knowledge of each through the use of aerobic and anaerobic conditioning. Participating adults and others seeking a fitness program may expect to improve their overall fitness level through aquatic training.

KIN 148
Adapted Aquatic Exercises
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 148
Grade Mode: Pass/No Pass, Standard Letter
Prerequisite(s): Physician's written diagnosis of physical disability and exercise limitations.
Designed for the student with a disability who is unable to participate in a non-Adapted Physical Education class. A medical doctor’s written prescription of exercise limitations is required.

KIN 150
Adapted Physical Education
1 Unit (AA/AS; Citrus E3; CSU; UC)
54 lab hours
Equivalent to: PE 150
Grade Mode: Pass/No Pass, Standard Letter
Prerequisite(s): Physician’s written diagnosis of physical disability and exercise limitations.
Designed for the student with a disability who is unable to safely participate in a non-Adapted Physical Education class. A medical doctor’s written prescription of exercise limitations is required.

KIN 151
Body Conditioning
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 151
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course will include general conditioning exercises, aerobic exercises, and exercises to develop flexibility and strength.

KIN 152
Weight Training
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 152
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course is designed to develop both the large and small group skeletal muscles through a program of weight lifting, circuit training, power lifting, Olympic lifting, and conditioning.
KIN 153
Walking/Jogging
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lab hours
Equivalent to: PE 153
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
A walking/jogging program that consists of activity alternately at a slow to moderate pace. This program is designed to build cardiorespiratory stamina and endurance, attack excessive weight, relieve psychological tension, and enhance one's sense of well-being. 18 lecture hours,

KIN 159
Cardiovascular Training
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 159
Grade Mode: Pass/No Pass, Standard Letter
This course will offer a non-competitive, environment in which the student can develop a total fitness program. This program will promote areas of muscular strength, flexibility, and cardiovascular endurance. A philosophy of "Fitness for Life" will be the ultimate objective. Every student will be encouraged to regulate his/her program so that it will be enjoyable on a long term basis.

KIN 166
American Food And Culture: Global Origins, History, and Current Impacts
3 Units (AA/AS; Citrus C2; Citrus E2; CSU; IGETC 3B; UC; IGETC 4; CSUGE D; CSUGE E)
54 lecture hours
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
The evolution of American food culture is examined from a historical, contemporary, economic, political and scientific survey of ethnic groups in America, including Native Americans, European Americans, African Americans, Asian Americans, and Latinos. These factors are compared and contrasted across the ethnic groups and regions in America as students learn about basic concepts of nutrition and healthy diet based on current research to develop an awareness and impact of the American diet.

KIN 167
Women in Sport
3 Units (AA/AS; CSU; UC; IGETC 4; CSUGE E)
54 lecture hours
Grade Mode: Standard Letter
Strongly recommended: ENGL 101.
Title IX has afforded women and girls a wealth of opportunities to participate in sport and the broader society. As we move toward gender equity in sport, research has shown that these increased opportunities have had a tremendous impact on the mental, physical, social, and moral development of young girls. This course will analyze the relationship between gender and sport from multiple perspectives in addition to investigating the economic, cultural, political, social, and educational influences on women in sport and the impact that women have as active participants within a predominantly male sphere.

KIN 168
Introduction to Public Health
3 Units (AA/AS; CSU; UC; CSUGE E)
54 lecture hours
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course provides an introduction to the discipline of Public Health. Students will gain an understanding of the basic concepts and terminologies of public health, and the history and accomplishments of public health officials and agencies. An overview of the functions of various public health professions and institutions, and an in-depth examination of the core public health disciplines is covered. Topics of the discipline include the epidemiology of infectious and chronic disease; prevention and control of diseases in the community including the analysis of the social determinants of health and strategies for eliminating disease, illness and health disparities among various populations; community organizing and health promotion programming; environmental health and safety; global health; and healthcare policy and management.

KIN 169
Introduction to Coaching
3 Units (AA/AS; CSU; UC)
54 lecture hours
Equivalent to: PE 169
Grade Mode: Standard Letter
Strongly recommended: ENGL 101.
This course is to study the different aspects of coaching including philosophies and techniques. It will provide the student with a basic understanding of coaching on all levels. The topics included will be recruiting, tryouts, pre and post season development, conditioning, weight training, practice organization, game strategies, motivation techniques, legal aspects, public relations, media, fundraising and ethics.

KIN 170
Fitness for Life
3 Units (AA/AS; Citrus E2; CSU; UC; CSUGE E)
54 lecture hours
Equivalent to: PE 170
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course explains the mechanics of a proper exercise and diet program through lecture and exercise activities. Various forms of exercise will be presented for trial by each student to develop a personal fitness prescription.

KIN 171
Health and Wellness
3 Units (AA/AS; Citrus E2; CSU; UC; CSUGE E)
54 lecture hours
Equivalent to: KIN 171H, PE 171, PE 171H
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course is designed to explore the major areas of health that will have an effect on the well-being of the individual now and in the future.
KIN 171H
Health and Wellness - Honors
3 Units (AA/AS; Citrus E2; CSU; UC; CSUGE E)
54 lecture hours
Equivalent to: KIN 171, PE 171, PE 171H
Grade Mode: Pass/No Pass, Standard Letter
Prerequisite(s): Student must be eligible for the Citrus College Honors Program or obtain a recommendation from an Honors instructor.
Strongly recommended: ENGL 101.
This course is designed to explore the major areas of health that will have an effect on the well-being of the individual now and in the future. Students are expected to work and participate at an honors level which includes strong critical thinking skills, thorough analysis of readings, presentation, and leadership skills demonstrated through class participation/presentation during the investigation of health/fitness topics.

KIN 172
Introduction to Physical Education
3 Units (AA/AS; CSU; UC)
54 lecture hours
Equivalent to: PE 172
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course explores the history and principles of physical education, exercise science, and sport. The objectives are to define and investigate the importance of physical education with a view toward developing a basic philosophy and background for professional education.

KIN 173
Nutrition for Fitness
3 Units (AA/AS; Citrus E2; CSU; UC; CSUGE E)
54 lecture hours
Equivalent to: PE 173
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course is designed to provide knowledge about the basic principles of nutrition and to study the role nutrition plays in health promotion.

KIN 174
Introduction to Team Sports
3 Units (AA/AS; CSU; UC)
54 lecture hours
Equivalent to: PE 174
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
A course of study to give the student entering the field of physical education a survey and basic analysis of the team sports: flag football, baseball, basketball, softball, soccer, water polo and team handball.

KIN 175
Introduction to Individual and Dual Sports
3 Units (AA/AS; CSU; UC)
54 lecture hours
Equivalent to: PE 175
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
A course of study to give the student entering the field of physical education a survey and basic analysis of individual sports: badminton, bowling, golf, tennis, track and field, disc golf, and weightlifting.
KIN 182
Care and Prevention of Athletic Injuries
3 Units (AA/AS; CSU; UC)
54 lecture hours
Equivalent to: PE 182
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course is an overview of sports medicine, intended for those students in the fields of physical education, coaching and athletic training. This course covers the basics of exercise physiology, biomechanics, human motor learning, sports injuries and other special topics in sports medicine. Material fee.

KIN 185
Softball Theory
2 Units (AA/AS; CSU; UC)
36 lecture hours
Equivalent to: PE 185
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course prepares the student to administer a softball program. It will include practice organization, administration, and live game strategy.

KIN 186
Baseball Theory
2 Units (AA/AS; CSU; UC)
36 lecture hours
Equivalent to: PE 186
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course prepares the student to administer a baseball program. It will include teaching methods, practice organization, administration, scouting and live game strategy.

KIN 188
Basketball Theory
2 Units (AA/AS; CSU; UC)
36 lecture hours
Equivalent to: PE 188
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
Development of game techniques and strategy used in intercollegiate basketball. The course will also include teaching methods, practice organization, scouting and administration.

KIN 192
Aquatic Theory and Techniques
2 Units (AA/AS; CSU; UC)
36 lecture hours
Equivalent to: PE 192
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
Content focuses on the biomechanical and technical analysis of intercollegiate water polo, swimming and diving.

Programs

Associate Degrees

- ADT in Kinesiology (http://catalog.citruscollege.edu/disciplines/kinesiology-physical-education/kinesiology-adt)
- ADT in Nutrition and Dietetics (http://catalog.citruscollege.edu/disciplines/kinesiology-physical-education/nutrition-dietetics-adt)
- A.S. in Kinesiology (http://catalog.citruscollege.edu/disciplines/kinesiology-physical-education-competitive-athletics/kinesiology-as)

Skill Awards

- Athletic Training (http://catalog.citruscollege.edu/disciplines/kinesiology-physical-education/athletic-training-skill-award)
- Coaching (http://catalog.citruscollege.edu/disciplines/kinesiology-physical-education/coaching-skill-award)
- Personal Trainer (http://catalog.citruscollege.edu/disciplines/kinesiology-physical-education/personal-trainer-skill-award)