

# 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 associate degrees for transfer in kinesiology, an associate degree for transfer in nutrition and dietetics, an associate in science degree in kinesiology, an associate in science degree in public health science, 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.

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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 fundamental techniques to develop individual sport specific and movement skills.
- Synthesize feedback received from instructional guided activities, instructor assessment and feedback 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, body composition, muscular strength and endurance, and cardiorespiratory 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)

KIN 141	Lifeguard Training	1
KIN 142	Swimming - Beginning	1

KIN 143	Swimming - Intermediate/ Advanced	1
KIN 144	Water Safety Instructor	1
KIN 148	Adapted Aquatic Exercises	1
<b>Individual Sports (Family 2)</b>		
KIN 101	Badminton	1
KIN 103	Golf	1
KIN 108	Tennis	1
<b>Team Sports (Family 3)</b>		
KIN 105	Pickleball	1
KIN 130	Basketball	1
KIN 133	Soccer	1
KIN 134	Softball	1
KIN 135	Volleyball	1
<b>Aerobic Fitness (Family 4)</b>		
KIN 122	Outdoor Fitness	1
KIN 146	Water Exercise	1
KIN 147	Swimming for Cardiovascular Improvement	1
KIN 150	Adapted Physical Education	1
KIN 151	Body Conditioning	1
KIN 153	Walking/Jogging	1
KIN 159	Cardiovascular Training	1
<b>Resistance Training (Family 5)</b>		
KIN 120	Body Weight Suspension Training	1
KIN 145	Strength Training, Balance and Agility	1
KIN 152	Weight Training	1
<b>Progressive Relaxation (Family 6)</b>		
KIN 116	Yoga	1
KIN 117	Vinyasa, Aerial, and Acroyoga	1
<b>Combatives (Family 7)</b>		
KIN 104	Self-Defense and Personal Safety	1

## Courses

### CLNU 100

#### Introduction to Culinary Nutrition

**3 Units (AA/AS; Citrus C2; Citrus E2; CSU)**

**54 lecture hours**

**Grade Mode: Pass/No Pass, Standard Letter**

*Strongly recommended: ENGL 101.*

This course will enable the student to apply basic nutrition principles in developing nutritious menu items. The student will focus on proper diet and disease prevention. The student will explore nutrition's role in a healthy diet, from identifying basic nutrition needs to finding alternatives for those with food allergies, food intolerance and food-intake related diseases.

### KIN 100

#### Introduction to Kinesiology

**3 Units (AA/AS; Citrus E2; CSU; UC; CSUGE E)**

**54 lecture hours**

**Grade Mode: Standard Letter**

*Strongly recommended: ENGL 101.*

This course introduces the interdisciplinary approach to the study of human movement and the significance of movement in daily life. In the course, students will explore an overview of the sub-disciplines of the field along with related career opportunities such as: sports fitness industry, allied health (physical/occupational/recreational therapy), sport/fitness management, and teaching/coaching.

### 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 103

#### Golf

**1 Unit (AA/AS; Citrus E3; CSU; UC)**

**18 lecture hours, 18 lab hours**

**Equivalent to: PE 103**

**Grade Mode: Pass/No Pass, Standard Letter**

*Strongly recommended: ENGL 101.*

This course will offer a non-competitive environment in which the student can develop the basic fundamentals of golf. Instruction will emphasize woods, long and short irons, bunker play, putting, golf terminology, rules and etiquette.

### KIN 104

#### Self-Defense and Personal Safety

**1 Unit (AA/AS; Citrus E3; CSU; UC)**

**18 lecture hours, 18 lab hours**

**Equivalent to: PE 104**

**Grade Mode: Pass/No Pass, Standard Letter**

*Strongly recommended: ENGL 101.*

The theory and techniques of self-defense and personal safety. Content focuses on methods of recognizing and avoiding dangers plus skills and strategies of employing physical defense when necessary.

### KIN 105

#### Pickleball

**1 Unit (AA/AS; Citrus E3; CSU)**

**18 lecture hours, 18 lab hours**

**Grade Mode: Standard Letter**

Development of skills necessary to participate in a game of pickleball. Instruction will be focused on individual growth of fundamental skills and techniques of pickleball that will allow the student to participate in a life-long activity.

### KIN 108

#### Tennis

**1 Unit (AA/AS; Citrus E3; CSU; UC)**

**18 lecture hours, 18 lab hours**

**Equivalent to: PE 108**

**Grade Mode: Pass/No Pass, Standard Letter**

*Strongly recommended: ENGL 101.*

Instruction will be concerned with individual growth of fundamentals and techniques of tennis that will allow the student to participate in a lifetime activity.

**KIN 116****Yoga****1 Unit (AA/AS; Citrus E3; CSU; UC; CSUGE E)****18 lecture hours, 18 lab hours****Equivalent to: PE 116****Grade Mode: Pass/No Pass, Standard Letter***Strongly recommended: ENGL 101.*

This course focuses on the development of the body/mind through the use of specific Yoga postures, breathing techniques, stretches, mental exercises, and relaxation exercises. The goals are to instruct students to achieve greater concentration, self-discipline, and improved physical/emotional health through instruction and practice of these skills.

**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****3 Units (AA/AS; Citrus E2; CSU; UC; CSUGE E)****54 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; Citrus E3; 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 122****Outdoor Fitness****1 Unit (AA/AS; Citrus E3; CSU; UC)****18 lecture hours, 18 lab hours****Grade Mode: Pass/No Pass, Standard Letter***Strongly recommended: ENGL 101.*

This course will focus on utilizing features of the natural and manmade landscape as our workout tools. The goal is to learn how to use the body in this environment for the purpose of general conditioning which includes: aerobic, anaerobic, flexibility and strength development activities.

**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 water safety & lifeguarding skills needed to prevent, recognize, and respond to aquatic emergencies. 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: Successful completion of pretest assessment of swimming strokes; ENGL 101.*

This course provides an opportunity for the student to qualify for the American Red Cross Safety Instructor Certificate. The class is designed to instruct the student how to teach swimming on all levels as well as basic and advanced lifeguarding. 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 class will focus on full-body conditioning workouts, combining resistance training and high-intensity aerobics to improve cardiovascular fitness. This class provides an intense workout as you move through a circuit of stations designed to elevate your heart rate and improve your muscular fitness. Stations may include weight machines, stationary bikes, treadmills, and elliptical machines.

**KIN 163****Sports Officiating****3 Units (AA/AS)****54 lecture hours****Grade Mode: Standard Letter***Strongly recommended: ENGL 101.*

This course introduces the skills and techniques applied to sports officiating. Basic principles covered will include officiating conduct, communication, decision making, conflict management, fitness and injury prevention, legal rights and responsibilities, and professional development.

**KIN 164****Functional Anatomy****3 Units (AA/AS; CSU; UC)****54 lecture hours****Grade Mode: Standard Letter***Strongly recommended: ENGL 101.*

This course will focus on learning the basics of human movement and understanding the skeletal system, muscular system, and nervous system as applied to body movement during physical activity. Anatomical terminology will be used when analyzing muscle contractions and movement patterns.

**KIN 165****Introduction to Recreation, Individual, and Team Sports****3 Units (AA/AS; CSU)****54 lecture hours****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 and kinesiology a survey and basic analysis of individual, dual, and the team sports: badminton, bowling, golf, tennis, track and field, disc golf, weightlifting, as well as flag football, baseball, basketball, softball, soccer, water polo and team handball.

**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 C2; 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; Citrus D1; CSU; UC; IGETC 4; CSUGE D; 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; Citrus E2; 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 emphasizes the information required to make important decisions concerning lifestyle, health, and wellness. An exploration is done in stress management, drugs, alcohol, tobacco, weight control, nutrition, fitness, sexuality, fertility/reproduction, chronic and infectious diseases, heart disease, cancer, consumer health, aging, environmental issues, and other topics related to health care and wellness.

**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 emphasizes the information required make important decisions concerning lifestyle, health, and wellness. An exploration is done in stress management, drugs, alcohol, tobacco, weight control, nutrition, fitness, sexuality, fertility/reproduction, chronic and infectious diseases, heart disease, cancer, consumer health, aging, environmental issues, and other topics related to health care and wellness. 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****Introduction to Nutrition****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 essential nutrients in a diet and their function in health and disease prevention throughout life. Recommended intakes of nutrients needed during different life stages for healthy function of the body to prevent deficiencies, toxicities, and chronic disease is instructed, as well as kilocalorie balance, metabolism, and adjustment in nutrient intakes based on physical activity.

**KIN 176****Elementary School Physical Education****3 Units (AA/AS; CSU)****54 lecture hours****Equivalent to: PE 176****Grade Mode: Pass/No Pass, Standard Letter***Strongly recommended: ENGL 101.*

An introductory course that will acquaint students with physical education programs for grades K-6. The course will include observation and visitation with elementary age students. The course will include methods, skills, and activities used in teaching elementary physical education. The class is recommended for elementary education and physical education majors.

**KIN 177****First-Aid Responding To Emergencies****3 Units (AA/AS; CSU; UC)****54 lecture hours****Equivalent to: PE 177****Grade Mode: Pass/No Pass, Standard Letter***Strongly recommended: ENGL 101.*

This course involves the theory and management of emergency situations, including demonstration of cardiopulmonary resuscitation and first aid care of the injured. The student will learn to assess an individual's condition, activation of emergency action plan, and demonstrate proper treatment of the injured. The course will also introduce key issues for leading a healthy lifestyle, including heart disease risk factor identification, health and safety considerations, legal issues, and injury prevention. Upon successful completion of course, students would be eligible for first aid, CPR and AED for adult, child, and infant certification. Complies with requirements as set forth by the American National Red Cross for first aid responding to emergencies. There is a lab fee to receive the certification that will be collected in class.

**KIN 178****Race, Gender and Sports****3 Units (AA/AS; Citrus E2; CSU; IGETC 4; CSUGE D)****54 lecture hours****Grade Mode: Pass/No Pass, Standard Letter***Strongly recommended: ENGL 101.*

Influence of racial and ethnic groups in sports in the United States: cultural, historical, political and economic influences associated with gender participation and race relations.

**KIN 179****Health and Social Justice****3 Units (AA/AS; Citrus D2; CSU; IGETC 4; CSUGE D)****54 lecture hours****Grade Mode: Pass/No Pass, Standard Letter***Strongly recommended: ENGL 101.*

This course provides an introduction to the health inequities in the United States that stem from unequal living conditions. Students will explore how education, socioeconomic status, racism and gender shape health epidemics and policy development. The basic skills necessary for advocating for health and social justice will be theoretically demonstrated.

**KIN 180****Introduction to Sport Management****3 Units (AA/AS; CSU)****54 lecture hours****Grade Mode: Standard Letter***Strongly recommended: ENGL 101.*

This course will introduce organization and management of sport programs and events. Management and marketing principles will be applied to sport programs, including legal and ethical principles, budgeting, fundraising, and event management for recreational, amateur, and professional industries.

**KIN 181****Sport and Exercise Psychology****3 Units (AA/AS; CSU; UC)****54 lecture hours****Grade Mode: Standard Letter***Strongly recommended: ENGL 101.*

This course utilizes research in sport psychology with techniques to implement the research in lifestyle settings. Students will learn an academic and practical approach to sport psychology concepts and theories and how to implement them in practical experiences through fundamentals of communication, counseling, and motivational techniques. This course will concentrate on the scientifically proven methods of enhancing athletic performance through psychological training.

**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 183****Introduction to Sports Information****3 Units (AA/AS; CSU)****54 lecture hours****Grade Mode: Pass/No Pass, Standard Letter***Strongly recommended: ENGL 101.*

This course will introduce the sports information field. Public relations, website management, marketing, statistical tracking, and office management for the covering and promotion of collegiate and professional sports.

**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/>)
- ADT in Public Health Science (<http://catalog.citruscollege.edu/disciplines/kinesiology-physical-education/public-health-science-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/>)
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