

KINESIOLOGY, PHYSICAL FITNESS (KINPF)

KINPF 3 1 units

Aqua Calisthenics

54 hours laboratory

Grading: letter grade.

Formerly KINPF 3AD. This course involves instruction and practice in water aerobic exercise. Emphasis will be placed on toning, trimming and firming skeletal muscles through water resistance exercises in shallow water. Increasing flexibility, strengthening the cardiovascular system, and improving the respiratory system will also be stressed. Students do not need to have swim skills for this course.

Transferable to both UC and CSU; see counselor for limitations

KINPF 4 1 units

Deep Water Aerobics

54 hours laboratory

Grading: letter grade.

Formerly KINPF 4AD. This course will provide instruction in the development of the fundamental elements of fitness through the application of deep water resistance and buoyancy. Progressive instruction includes the development of increasingly more strenuous exercises for cardiorespiratory fitness, muscular strength, endurance and flexibility.

Transferable to both UC and CSU; see counselor for limitations

KINPF 6 1 units

Cardio Fitness

54 hours laboratory

Grading: letter grade.

Formerly KINPF 6AD. This course focuses on improving cardiovascular fitness while also strengthening and toning the entire body. High energy, easy to follow exercises and movements are incorporated. Examples of exercises that may be used are: spin, step, aerobics, core and sculpting workouts set to music.

Transferable to both UC and CSU; see counselor for limitations

KINPF 8 1 units

Circuit Weight Training

54 hours laboratory

Grading: letter grade.

Formerly KINPF 8AD. This course covers cardiovascular and strength fitness training in a circuit weight training setting. Students will learn to combine the muscle-building benefits of resistance training with a cardiovascular boost to help burn excess body fat, develop lean muscle tissue, and improve cardiovascular and muscular endurance.

Transferable to both UC and CSU; see counselor for limitations

KINPF 8B 1 units

Circuit Weight Training

54 hours laboratory

Recommended Preparation: KINPF 8.

Grading: letter grade or pass/no pass.

This course covers cardiovascular and strength fitness training in a circuit weight training setting. Students will learn to combine the muscle-building benefits of resistance training with a cardiovascular boost to help burn excess body fat, develop lean muscle tissue, and improve cardiovascular and muscular endurance.

Transferable to both UC and CSU; see counselor for limitations

KINPF 10 1 units

Stretch & Relaxation

54 hours laboratory

Grading: letter grade.

This course emphasizes the development of flexibility in muscles and joints to prevent injury and to improve body alignment and posture.

Relaxation and stretching techniques will be used to improve general fitness and reduce stress.

Transferable to both UC and CSU; see counselor for limitations

KINPF 10B 1 units

Stretch & Relaxation

54 hours laboratory

Recommended Preparation: KINPF 10.

Grading: letter grade or pass/no pass.

This course provides the continued study and development of flexibility in muscles and joints at an intermediate to advanced level. Relaxation and stretching techniques will be used to improve general fitness and reduce stress.

Transferable to both UC and CSU; see counselor for limitations

KINPF 12 1 units

Core Conditioning

54 hours laboratory

Grading: letter grade or pass/no pass.

Formerly PEPF 12AD. This course is an introduction to conditioning through the understanding and practice of exercise using the anatomical core. This class promotes improved muscular strength and endurance, flexibility, cardiorespiratory conditioning, and body composition through the usage of resistance training, mat and stability ball training, HIIT and circuit training.

Transferable to both UC and CSU; see counselor for limitations

KINPF 12B 1 units

Core Conditioning

54 hours laboratory

Recommended Preparation: KINPF 12.

Grading: letter grade or pass/no pass.

This course is an intermediate level of conditioning through the understanding and practice of exercise using the anatomical core. Muscular strength and endurance, flexibility, cardiorespiratory conditioning, and body composition will be improved through the usage of resistance training, mat and stability ball training, HIIT and circuit training.

Transferable to both UC and CSU; see counselor for limitations

KINPF 14 1 units

Yoga

54 hours laboratory

Grading: letter grade or pass/no pass.

This course will provide students with designed breathing, flexibility, strength, balance, and meditation exercises to enhance the relationship between the mind and body. Students will be introduced to the basic language, philosophy, history, and styles of yoga.

Transferable to both UC and CSU; see counselor for limitations

KINPF 17 1 units

Jogging

54 hours laboratory

Grading: letter grade or pass/no pass.

Formerly PEPF 17AD. This course is designed to be an introduction to develop a personal jogging program that will benefit a broad spectrum of fitness levels. This course will incorporate a weekly mileage progression with an emphasis on jogging mechanics and prevention of injuries.

Transferable to both UC and CSU; see counselor for limitations

KINPF 17B 1 units

Jogging

54 hours laboratory

Recommended Preparation: KINPF 17.

Grading: letter grade or pass/no pass.

This course provides the continued study and development of a personal jogging program that will benefit a broad spectrum of fitness levels. This course will continue to incorporate a weekly mileage progression with an emphasis on jogging mechanics and prevention of injuries.

Transferable to both UC and CSU; see counselor for limitations

KINPF 18 1 units

Triathlon Training

54 hours laboratory

Recommended Preparation: KING 76.

Grading: letter grade or pass/no pass.

Formerly PEPF 18AD. This course provides a dynamic physical fitness program that focuses on swimming, cycling (spin bike) and running.

The student will gain thorough body conditioning as well as knowledge and experience in the sport of triathlon. Topics consistent with triathlon training will be covered. Students should be at an intermediate fitness level and know how to swim freestyle.

Transferable to both UC and CSU; see counselor for limitations

KINPF 18B 1 units

Triathlon Training

54 hours laboratory

Recommended Preparation: KINPF 18.

Grading: letter grade or pass/no pass.

This course provides the study of and practice in triathlon training at an intermediate level. The course continues to focus on a dynamic physical fitness program which includes swimming, cycling, and running. The process will allow the student to gain thorough body conditioning as well as knowledge and experience in the sport of triathlon. Topics will include cardio-respiratory training, strength training, and flexibility activities which are consistent to triathlon training. This course will contribute to students who are obtaining a kinesiology degree or who wish to develop more intensive physical training techniques. Participants entering this course should be at an intermediate fitness level and know how to swim freestyle. Students will need to provide their own bicycle and helmet.

Transferable to both UC and CSU; see counselor for limitations

KINPF 21 1 units

Low Impact Cardio

54 hours laboratory

Grading: letter grade.

Formerly KINPF 21AD. This course is designed to improve aerobic capacity and strength endurance through low impact cardio exercise and will provide students with a foundation of aerobic fitness through walking and other forms of low impact cardiovascular exercise. Students will progress from shorter duration, lower intensity walks and movement exercise to higher intensity power walking and movement activity.

Transferable to both UC and CSU; see counselor for limitations

KINPF 22 1 units

Physical Fitness

54 hours laboratory

Grading: letter grade.

Formerly KINPF 22AD. This course will include the fitness components of cardiorespiratory, strength training, and flexibility activities. This course will include both indoor and outdoor experiences in fitness training.

Assessment testing will be done to determine levels of performance in the areas of muscular strength and endurance, aerobic fitness, flexibility, and body composition.

Transferable to both UC and CSU; see counselor for limitations

KINPF 22B 1 units

Physical Fitness

54 hours laboratory

Recommended Preparation: KINPF 22.

Grading: letter grade or pass/no pass.

This course provides the continued study and expansion of the 5 components of fitness: muscular strength, muscular endurance, cardiovascular endurance, flexibility and body composition. Topics focus on aerobic vs. anaerobic training, functional fitness principles, and current health risks. The course will utilize both indoor and outdoor experiences in fitness training at the intermediate level. Assessment testing will be done to determine levels of performance within each component of fitness.

Transferable to both UC and CSU; see counselor for limitations

KINPF 23 1 units

Cycling Conditioning

54 hours laboratory

Grading: letter grade or pass/no pass.

Formerly PEPF 23AD. This course is an introduction to physical fitness through indoor cycling. The cycling program is an individually paced, noncompetitive, group training program designed for all riders and all fitness levels. Cycling is an exercise performed on a stationary bicycle and is performed to music. The course is open to anyone who is interested in developing muscular endurance, improved cardio-respiratory endurance and body composition.

Transferable to both UC and CSU; see counselor for limitations

KINPF 24 1 units

Cardio Cross Fit

54 hours laboratory

Recommended Preparation: KINPF 22.

Grading: letter grade or pass/no pass.

Formerly PEPF 24AD. This course encompasses the development of cardiovascular capacity, core strength (muscle strength and endurance), flexibility, coordination and balance. A variety of aerobic and anaerobic training techniques as well as body weight resistance exercises will be presented in a "boot camp" format.

Transferable to both UC and CSU; see counselor for limitations

KINPF 42 1 units

Swimming Fitness

54 hours laboratory

Grading: letter grade.

Formerly KINPF 42AD. Swim fitness is a pool-based physical fitness activity. The course consists of swimming and related circuit training exercises performed primarily in the water, but also on land. Topics will include cardio-respiratory training, strength training, interval training, cross training and program design all as applied to swim fitness.

Transferable to both UC and CSU; see counselor for limitations

KINPF 53 1 units**Resistance Training****54 hours laboratory**

Recommended Preparation: KINPF 54.

Grading: letter grade.

Formerly KINPF 53AD. The course will provide students the opportunity to learn the techniques of functional movement exercises. Students will be instructed on a wide variety of resistance training modalities and how they are implemented in different weight lifting genres. Proper technique will be a major emphasis with a high importance placed on students lifting weights that are within a safe capacity of their individual limits. Students will work cooperatively in small groups and be placed together according to level of expertise and strength capacity.

Transferable to both UC and CSU; see counselor for limitations

KINPF 53B 1 units**Resistance Training****54 hours laboratory**

Recommended Preparation: KINPF 53.

Grading: letter grade or pass/no pass.

The course will provide students the opportunity to continue to learn techniques of functional movement exercises at an intermediate to advanced level. Students will be instructed on a wide variety of resistance training modalities and how they are implemented in different weight lifting genres. Proper technique will be a major emphasis with a high importance placed on students lifting weights that are within a safe capacity of their individual limits. Students will work cooperatively in small groups and be placed together according to level of expertise and strength capacity.

Transferable to both UC and CSU; see counselor for limitations

KINPF 54 1 units**Weight Training****54 hours laboratory**

Grading: letter grade.

This weight training course is designed to present a variety of lifting techniques. Students will use these techniques and their understanding of basic anatomy to increase strength and flexibility to reach their weight lifting goals.

Transferable to both UC and CSU; see counselor for limitations

KINPF 54B 1 units**Weight Training****54 hours laboratory**

Recommended Preparation: KINPF 54.

Grading: letter grade or pass/no pass.

This course continues to provide study and practice in a variety of weight lifting techniques at an intermediate to advanced level. Students will use these techniques and their understanding of basic anatomy to continue focus on increasing strength and flexibility to reach their weight lifting goals.

Transferable to both UC and CSU; see counselor for limitations

KINPF 81 1 units**Fitness and Wellness Center****9 hours lecture, 27 hours laboratory**

Grading: letter grade.

This course is an introduction to fitness and wellness. Students will complete weekly workouts in the fitness center while focusing on individualized goals. Safe and effective nutrition and exercise, wellness lifestyles that reduce health risks and self-evaluation will be covered.

Transferable to both UC and CSU; see counselor for limitations

KINPF 84A 2 units**Fitness and Wellness****18 hours lecture, 54 hours laboratory**

Grading: letter grade or pass/no pass.

Formerly KINPF 84AD. Physical fitness tests are administered before, during and after exercise programs to improve reserve capacity in endurance, muscular strength and joint mobility. Lectures and assignments focus on nutrition and diet, exercise, and modifications of lifestyle to enhance the quality of life and reduce health risks. This course may be scheduled using the "To Be Arranged" (TBA) scheduling format. This allows for specific lecture and/or lab instructional activities to be delivered through more flexible scheduling of days and times but for a specified number of hours and in accordance with the requirements and specific instructional activities of the course outline of record. This will be expected of all enrolled students. Please see the schedule of classes for the number of TBA hours to be completed for this course.

Transferable to CSU Only

KINPF 84B 2 units**Fitness & Wellness****18 hours lecture, 54 hours laboratory**

Recommended Preparation: KINPF 84.

Grading: letter grade or pass/no pass.

This course provides for the continued study of and practice in Fitness & Wellness techniques and issues. Selected physical fitness tests are administered before, during and after exercise programs to improve endurance, strength, and joint mobility. Lectures and assignments focus on exercise and modifications of lifestyle to enhance the quality of life and reduce health risks.

Transferable to both UC and CSU; see counselor for limitations

KINPF 681 0 units**Exercise for Fitness and Wellness****9 hours lecture, 27 hours laboratory**

Grading: non graded.

This course is a physical fitness course that is designed for cardiorespiratory, strength and flexibility exercises within a prescribed fitness program. Students will learn concepts of fitness and wellness, workout design, and exercise techniques.