

KINESIOLOGY, PROFESSIONAL PREPARATION (KINPP)

KINPP 1 (C-ID KIN 100) 3 units

Introduction to Kinesiology

54 hours lecture

Grading: letter grade.

This course is a survey of the discipline of Kinesiology, including knowledge of the nature and importance of performing and studying physical activity. It includes an analysis of the lifelong importance of physical activity in daily life. The course surveys the general knowledge base of the discipline as reflected in the major sub-disciplines and reviews selected ideas in the historical, philosophical, sociological, physical, and psychological domains within human movement. In addition, the course introduces students to the general characteristics of the field's professions, to specific types of physical activity professions typically pursued by Kinesiology students and assists them in making some early career decisions.

Transferable to both UC and CSU; see counselor for limitations

KINPP 4 3 units

Lifetime Wellness Principles

54 hours lecture

Grading: letter grade.

The course focuses on holistic and inter-related dimensions of wellness and explores the choices available that may encourage and enhance the quality of life. The dimensions of wellness include: physical, social, emotional, occupational, intellectual, environmental, and spiritual. The course provides an opportunity for students to learn positive life skills and expand self-awareness. The course promotes personal, family and community wellness.

Transferable to both UC and CSU; see counselor for limitations

KINPP 5 3 units

Sports Appreciation

54 hours lecture

Grading: letter grade.

This class will explore sports and its role in society. Topics will include a survey of a variety of sports and spectator appreciation. The class will explore careers in amateur and professional sports organizations.

Transferable to both UC and CSU; see counselor for limitations

KINPP 7 3 units

Intro to Community Recreation

54 hours lecture

Grading: letter grade.

This course is designed for recreation majors and non-majors. This is a general orientation to the field of recreation and parks services. Included is a history of the development of the recreation profession, and a survey of recreation and leisure services. The course also includes a description and interpretation of recreation as a form of community service, and the nature, scope, and significance of leisure and recreation as a social force in contemporary society. The role of the professional leader in a variety of settings is emphasized.

Transferable to both UC and CSU; see counselor for limitations

KINPP 8 3 units

Stress Management through Physical Activity

54 hours lecture

Grading: letter grade or pass/no pass.

This course addresses many facets of stress with an emphasis on physical activity as a coping strategy. Many training methods and activities are taught along with the practice of relaxation techniques. The physiology of stress, disease and stress, and performance anxiety are also within the scope of this course.

Transferable to both UC and CSU; see counselor for limitations

KINPP 10 3 units

Prevention & Care of Athletic Injuries

54 hours lecture, 9 hours laboratory

Grading: letter grade.

This course introduces the basic concepts of athletic training, including instruction for prevention, recognition, management and treatment of common injuries in an active population. The skills of basic strapping, bracing, padding and taping for the prevention and support of injuries will be presented and practiced in class.

Transferable to both UC and CSU; see counselor for limitations

KINPP 12 2 units

Techniques of Physical Fitness

36 hours lecture

Grading: letter grade or pass/no pass.

Formerly KINPF 83AD. This course provides methods and concepts of lifetime physical fitness and nutritional understanding. Analyses of instruction, practice, and practical techniques for evaluating one's own physical fitness status will be covered. This course is designed to explore approaches for practice and evaluation of physical fitness status for reserve capacity in cardiovascular endurance, local muscular endurance, muscular strength and joint mobility.

Transferable to both UC and CSU; see counselor for limitations

KINPP 14 3 units

Theory of Athletic Coaching

54 hours lecture

Grading: letter grade.

This course is an introduction to the profession of athletic coaching. With emphasis on a comprehensive approach to the art and science of coaching, the development of a coaching philosophy will be explored and validated by a greater understanding of the psychology, physiology and management of sport. Areas of concentration will include, coaching objectives and style, communication and motivation skills, training principles and techniques and team management strategies.

Transferable to both UC and CSU; see counselor for limitations

KINPP 15 3 units

Sports Officiating (Fall)

36 hours lecture, 54 hours laboratory

Grading: letter grade.

The course provides theory in officiating both intramural college and high school fall/winter sports. Students will participate as actual game officials during on-campus intramural competition. This course is open to all students and is designed for those seeking professional preparation to be able to officiate fall/winter sports. Students may have to attend off-campus sporting events for observation purposes.

Transferable to both UC and CSU; see counselor for limitations

KINPP 17 3 units**Sports Officiating (Spring)****36 hours lecture, 54 hours laboratory**

Grading: letter grade.

The course provides theory in officiating both intramural college and high school winter/spring sports. Students will participate as actual game officials during on campus intramural competition. This course is open to all students and is designed for those seeking professional preparation to be able to officiate winter/spring sports. Students may have to attend off-campus sporting events for observation purposes.

Transferable to both UC and CSU; see counselor for limitations

KINPP 23 (C-ID KIN 101) 3 units**First Aid and Safety****54 hours lecture**

Grading: letter grade.

This course will introduce students to the techniques and the principles involved in rendering prompt and necessary emergency care to the injured or ill. Instruction will cover core material for breathing and cardiac emergencies, sudden illnesses, soft tissue injuries, environmental incidents, musculoskeletal injuries, and other special circumstances. Students will practice the skills and procedures for cardiopulmonary resuscitation (CPR), rescue breathing, and the proper use of an Automatic External Defibrillator (AED). With the successful completion of this course students will have the opportunity to become certified in the Standard First Aid and Personal Safety and Cardiopulmonary Resuscitation (CPR) Certificates granted by the American Red Cross.

Transferable to both UC and CSU; see counselor for limitations

KINPP 70 3 units**Fitness Program Design & Instruction****54 hours lecture**

Grading: letter grade.

This course is designed to provide the student with the theoretical knowledge and practical skills needed to prepare for the National Academy of Sports Medicine Personal Training Certification Examination. Topics will include application of the applied sciences, program design and implementation of integrated fitness training for healthy adults and special populations, communication, health psychology, teaching techniques, injury prevention and safety, professional responsibilities, and business fundamentals. This course fulfills half of the necessary coursework needed to prepare for the NASM certification. (Formerly KINPP 70B)

Transferable to CSU Only

KINPP 75 3 units**Exercise Science & Fitness Assessment****54 hours lecture**

Grading: letter grade.

This course is designed to provide the theoretical knowledge necessary to prepare for the National Academy of Sports Medicine Personal Training Certification exam. Topics include exercise physiology, human anatomy, applied kinesiology, basic nutrition, health screening, the theory of fitness assessment, and exercise adaptation. This course fulfills half of the necessary coursework needed to prepare for the NASM certification. (Formerly KINPP 70A)

Transferable to CSU Only

KINPP 203 3 units**Kines and Musculoskeletal Foundations****54 hours lecture**

Grading: letter grade.

This course approaches the study of the human body primarily from a functional perspective. There will be emphasis on the relationship between muscle and bone as they relate to human movement. The content is designed for kinesiology students, personal trainers, coaches and others interested in the overall health of the individual.

KINPP 220 3 units**Yoga Theory****54 hours lecture**

Grading: letter grade.

This course includes the history of yoga, the evolution of yoga from its earliest development, and the exploration of ancient texts of yoga. Major lineages of yoga and related practices will be covered, with a focus on the integration of these ideas in contemporary teaching.

KINPP 222 3 units**Foundations of Teaching Yoga 1****54 hours lecture**

Grading: letter grade.

This course is designed to effectively train and prepare students to become knowledgeable teachers of Hatha Yoga. Emphasis on variations, adjustments and modifications of basic yoga poses for teaching different levels in various settings. Focus on developing skill for instructing yoga, including verbal cueing for anatomically supportive sequences, sequencing of postures, proper alignment, positive communication, cueing verbally and physically and stress management techniques for healthier lifestyles.

KINPP 224 3 units**Foundations of Teaching Yoga 2****54 hours lecture**

Prerequisite: KINPP 222.

Recommended Preparation: KINPP 220.

Grading: letter grade.

This course is designed for students to increase their knowledge and build on the concepts from Foundations of Teaching Yoga 1. Emphasis on asana variations, adjustments, and modifications of asanas will be considered. Anatomy, physiology and biomechanics will be observed through the practical application of asanas (postures). In addition, we will look at the business and ethics side of Yoga.

KINPP 226 3 units**Yoga Practicum****54 hours lecture**

Prerequisite: KINPP 222.

Corequisite: KINPP 224.

Recommended Preparation: KINPP 220.

Grading: letter grade.

This course provides practical experience in yoga teaching, class planning, auditioning for employment, and establishing professionalism in a yoga class. Students will learn how to prepare to teach diverse populations, enhance the teacher-student experience, and prepare for yoga studios, corporate, and private employment. Students learn about the business aspects of teaching yoga. Field trips may be required outside of regularly-scheduled class times.

KINPP 230 3 units**Kinesiology Practicum****36 hours lecture, 54 hours laboratory**

Prerequisite: KINPP 70.

Grading: letter grade.

This course is designed to provide students in the Kinesiology Major or Personal Training Certificate programs with practical experience in the field. Students will be expected to participate in a minimum number of hours in a supervised practice setting at an on-campus facility. Emphasis is placed on, but not limited to, subject assessment, communication skills, program design, teaching strategies, self-marketing and professional responsibility and liability.

KINPP 233 3 units**Techniques of Strength and Conditioning****54 hours lecture**

Grading: letter grade.

This course is designed for the student in the Personal Trainer Certificate Program, planning to study and teach movement as it relates to exercise under both normal and injured conditions. Students learn the practical implications of bone, joint, nerve, and muscle actions. Emphasis is placed on applying body alignment, range of motion, stabilization, and acceleration principles to the development of safe exercise programs.