KINESIOLOGY

The Department of Kinesiology prepares students in the study of exercise, physical activity and sport, educates students in the study of human movement, and provides students with an opportunity to prepare for transfer or a career in the field of human movement and wellness.

Associate in Arts Transfer Degrees

- Kinesiology - Associate in Arts Transfer Degree (https://lbcc-public.courseleaf.com/degrees-certificates/kinesiology/kinesiology-aat/)

Associate in Arts Degrees

- Kinesiology - Associate in Arts (https://lbcc-public.courseleaf.com/degrees-certificates/kinesiology/kinesiology-aa/)

Certificates of Achievement

- Personal Trainer - Certificate of Achievement (https://lbcc-public.courseleaf.com/degrees-certificates/kinesiology/personal-trainer-certificate-achievement/)
- Yoga Teacher Training - Certificate of Achievement (https://lbcc-public.courseleaf.com/degrees-certificates/kinesiology/yoga-teacher-training-certificate-achievement/)

Certificates of Accomplishment

- Athletic Coaching - Certificate of Accomplishment (https://lbcc-public.courseleaf.com/degrees-certificates/kinesiology/athletic-coaching-certificate-accomplishment/)

Kinesiology, Adapted

KINA 1 1 units
PE for the Physically Limited
54 hours laboratory
Grading: letter grade.
Formerly KINA 1AD. This course is designed to produce a program of individual and group exercises and physical activities that develop motor patterns and perceptual-motor skills, endurance, strength and self-awareness. All activities will be adapted to the interests, capabilities and limitations of each student.
Transferable to both UC and CSU; see counselor for limitations

Kinesiology, General

KING 2 1 units
Ultimate Frisbee
54 hours laboratory
Grading: letter grade or pass/no pass.
This course is designed to provide an overview of the sport of Ultimate Frisbee with focus on instruction in the rules, techniques and strategies.
Transferable to both UC and CSU; see counselor for limitations

KING 2B 1 units
Ultimate Frisbee
54 hours laboratory
Recommended Preparation: KING 2.
Grading: letter grade or pass/no pass.
This course provides the continued study of and practice in ultimate frisbee. Topics that will be examined are performance skill techniques, fitness, offensive strategies and defensive strategies. Emphasis will be placed on game and tournament play.
Transferable to CSU Only

KING 7 1 units
Pickleball
54 hours laboratory
Grading: letter grade.
This course provides an introductory overview of pickleball. Instruction will focus on basic skills, rules, techniques, and strategies.
Transferable to both UC and CSU; see counselor for limitations

KING 10 1 units
Badminton
54 hours laboratory
Grading: letter grade.
Formerly KING 10AD. This course is designed to provide instruction in the fundamentals of badminton and involves targeted skill practice and tournament play. The course includes a brief history of badminton, terminology, rules, conditioning, strokes, footwork, tactics, and strategies utilized in single and doubles play.
Transferable to both UC and CSU; see counselor for limitations

KING 10B 1 units
Badminton
54 hours laboratory
Recommended Preparation: KING 10.
Grading: letter grade or pass/no pass.
This course provides continued instruction in the sport of badminton. The course involves the rules, conditioning, strokes, footwork, tactics, singles and doubles skill practice and tournament play.
Transferable to both UC and CSU; see counselor for limitations

KING 14 1 units
Basketball
54 hours laboratory
Grading: letter grade.
Formerly KING 14AD. This course will provide an overview of the sport of basketball with focus on instruction in rules, techniques and strategies. Course goals will be achieved through guided instruction and participation in various types of basketball competition.
Transferable to both UC and CSU; see counselor for limitations

KING 14B 1 units
Basketball
54 hours laboratory
Recommended Preparation: KING 14.
Grading: letter grade or pass/no pass.
This course provides the continued study of the sport of basketball with focus on instruction in rules, techniques and strategies. Emphasis will be placed on game and tournament play.
Transferable to both UC and CSU; see counselor for limitations

KING 55 4 units
Lifeguard/Water Safety Training
54 hours lecture, 54 hours laboratory
Recommended Preparation: Advanced swimming ability.
Grading: letter grade.
Materials Fee: $42.
Formerly KING 55AD. This is a certification course for American Red Cross water safety instructors and lifeguards. This course enables students to instruct swimming courses and to serve as lifeguards at aquatic facilities.
Transferable to both UC and CSU; see counselor for limitations

KING 60 1 units
Jiu Jitsu
54 hours laboratory
Grading: letter grade.
This course covers instruction of submissions, sweeps, escapes and takedowns in jiu-jitsu. Practical application of offensive and defensive techniques will be utilized during a variety of positional control scenarios. Participation in beginning level sparring, with an emphasis on safety, will be learned and applied.
Transferable to both UC and CSU; see counselor for limitations

KING 65 1 units
Martial Arts
54 hours laboratory
Grading: letter grade.
Formerly KING 65AD. This physical activity course is an introduction to the basic techniques of martial arts systems. Discussion of each style, as well as physical and mental attributes of those likely to excel within each system is included. This non-sparring exercise program improves reflexes, coordination, strength, flexibility, balance, conditioning, endurance and muscle tone. Emphasis is placed on the fundamentals of martial arts, including martial arts safety skills and etiquette, punches, blocks, strikes, kicks, stances, vital points, and kick/strike analysis.
Transferable to both UC and CSU; see counselor for limitations

KING 65B 1 units
Martial Arts
54 hours laboratory
Recommended Preparation: KING 65.
Grading: letter grade or pass/no pass.
This course provides the continued study of and practice in techniques of martial arts systems at an intermediate level. Discussion of each style, as well as, physical and mental attributes of those likely to excel within each system is included. This non-sparring exercise program improves reflexes, coordination, strength, flexibility, balance, conditioning, endurance, and muscle tone. Emphasis is placed on the continued development of the fundamentals of martial arts safety skills and etiquette, punches, blocks, strikes, kicks, stances, vital points, and kick/strike analysis.
Transferable to both UC and CSU; see counselor for limitations

KING 66 1 units
Self-Defense
54 hours laboratory
Grading: letter grade.
Formerly KING 66AD. The physical activity course covers safety, defense, techniques and practical applications of skills for self-defense, psychological defenses and assertiveness training in a technical and practical framework. Strikes, kicks, blocks, take downs, take down defense, throws, sweeps, ground fighting, and core strengthening will be covered.
Transferable to both UC and CSU; see counselor for limitations

KING 66B 1 units
Self Defense
54 hours laboratory
Recommended Preparation: KING 66.
Grading: letter grade or pass/no pass.
This course provides the continued study of Self Defense. Topics will include strikes, kicks, blocks, take downs, take down defense, throws, sweeps, ground fighting, and core strengthening.
Transferable to both UC and CSU; see counselor for limitations

KING 70 1 units
Soccer
54 hours laboratory
Grading: letter grade.
Formerly KING 70AD. This course is designed to provide an overview of the sport of soccer with focus on instruction in the rules, techniques and strategies.
Transferable to both UC and CSU; see counselor for limitations

KING 70B 1 units
Soccer
54 hours laboratory
Recommended Preparation: KING 70.
Grading: letter grade or pass/no pass.
This course provides the continued study of and practice in soccer. Topics that will be examined are performance skill techniques, fitness, offensive and defensive strategies. Emphasis will be placed on game and tournament play.
Transferable to both UC and CSU; see counselor for limitations

KING 74 1 units
Softball
54 hours laboratory
Grading: letter grade.
Formerly KING 74AD. This is a physical activity course designed to provide an overview of softball as a team sport. Instruction will focus on basic skills, rules, techniques, teamwork and strategies.
Transferable to both UC and CSU; see counselor for limitations

KING 76 1 units
Swimming
54 hours laboratory
Grading: letter grade.
Formerly KING 76AD. This course is designed to provide instruction in the fundamentals of swimming including basic skills, stategies, rules, stroke mechanics and techniques.
Transferable to both UC and CSU; see counselor for limitations

KING 84 1 units
Tennis
54 hours laboratory
Grading: letter grade.
Formerly KING 84AD. This course is designed to provide instruction in the fundamentals of tennis, including strategy, rules, the forehand and backhand groundstrokes, and the serve.
Transferable to both UC and CSU; see counselor for limitations

KING 86 1 units
Touch Football
54 hours laboratory
Grading: letter grade.
Formerly KING 86AD. This course offers instruction in the rules, strategies, and proper techniques required by the game of touch football.
Transferable to both UC and CSU; see counselor for limitations

KING 90 1 units
Volleyball
54 hours laboratory
Grading: letter grade.
Formerly KING 90AD. This course is designed to provide instruction in the basic fundamentals of volleyball including setting, passing, hitting, and team play.
Transferable to both UC and CSU; see counselor for limitations

KING 90B 1 units
Volleyball
54 hours laboratory
Recommended Preparation: KING 90.
Grading: letter grade or pass/no pass.
This course provides the continued study of and practice in volleyball at an intermediate level. Topics that will be examined are performance skills, fitness, and offensive and defensive strategies. Emphasis will be placed on game and tournament play.
Transferable to both UC and CSU; see counselor for limitations

KING 92 1 units
Sand Volleyball
54 hours laboratory
Grading: letter grade or pass/no pass.
This is a physical activity course designed to provide an overview of sand volleyball as a team sport. Instruction will focus on basic skills, rules, techniques, teamwork and strategies.
Transferable to both UC and CSU; see counselor for limitations

KING 92B 1 units
Sand Volleyball
54 hours laboratory
Recommended Preparation: KING 92.
Grading: letter grade or pass/no pass.
This course provides the continued study of and practice in sand volleyball at an intermediate level. Topics that will be examined are performance skills, fitness, and offensive strategies and defensive strategies. Emphasis will be placed on game and tournament play.
Transferable to both UC and CSU; see counselor for limitations

KING 94 1 units
Rugby
54 hours laboratory
Grading: letter grade or pass/no pass.
This course provides the study of and practice in the team sport of rugby. Topics that will be examined are fundamental skills, rules, history, scoring, and etiquette.
Transferable to both UC and CSU; see counselor for limitations

Kinesiology, Physical Fitness

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 developmnt of the fundamental elements of fitness through the application of deep water reisistance and buoyancy. Progressive instruction includes the development of increasingly more strenous 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 82 1 units
Fitness and Wellness Center-Intermediate
9 hours lecture, 36 hours laboratory
Recommended Preparation: KINPF 81.
Grading: letter grade or pass/no pass.
Formerly KINPF 84AD and KINPF 84A. This course provides for the continued study and practice of Fitness and Wellness concepts and techniques. The course allows for an intermediate approach by increasing required frequency, intensity, and/or time of exercise. 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 CSU Only

KINPF 83 1 units
Fitness and Wellness Center-Advanced
9 hours lecture, 45 hours laboratory
Recommended Preparation: KINPF 82.
Grading: letter grade or pass/no pass.
This course provides for the continued study and practice of Fitness and Wellness concepts and techniques. The course allows for an advanced approach by increasing required frequency, intensity, and/or time of exercise. 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.

Kinesiology, Professional Preparation

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.