

# KINESIOLOGY

(formerly Physical Education)

## Health, Athletics, Wellness, and Kinesiology Division

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<http://www.cabrillo.edu/programs>

### Program Description:

Kinesiology is the academic discipline concerned with the art and science of human movement. Kinesiology may also be listed as Physical Education or Human Performance at some campuses. Bachelors and graduate degrees with emphasis in adaptive physical education, athletic training, dance, movement sciences, sports management, teaching and coaching offer numerous career opportunities in public and private sectors.

### Model Program for Kinesiology

The following Model Program fulfills requirements for the A.A. Degree in Kinesiology at Cabrillo College. Specific lower division major preparation at four-year public institutions in California can be found at [www.assist.org](http://www.assist.org). Please see a counselor for advisement for transfer to any four-year institution.

### A.A. Degree: Kinesiology

**A.A. General Education** **30 Units**

#### Core Courses (15 units)

BIO 4	Human Anatomy	4
BIO 5	Human Physiology	4
KIN 2	Introduction to Kinesiology	3
KIN Activity Classes		4

#### Approved Electives (6 Units)

KIN 4	Introduction to Personal Training	3
KIN 7	Human Performance and Sports Nutrition	2
KIN 8	Weight Management	2
KIN 10A	Athletic Training: Injury Prevention, Evaluation and Care	3
KIN 10B	Athletic Training: Treatment and Rehabilitation of Athletic Injuries	3
KIN 13	First Aid: Responding to Emergencies	3
KIN 15	Community Cardio Pulmonary Resuscitation	0.5

Recommended from Related Disciplines (9 Units)		Units
CAHM 20	Nutrition	3
CHEM 30A	Inorganic Chemistry for Health Occupations	4
MATH 12	Elementary Statistics	5
or		
MATH 12H	Honors Elementary Statistics	5
PSYCH 1	General Psychology	3
PHYS Any Course		3 - 5
<b>Total Units</b>		<b>60</b>

## Kinesiology Courses

### KIN 2

#### Introduction to Kinesiology

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Presents an overview of Kinesiology as a discipline for students interested in careers in Kinesiology or related fields. Topics include career options, professional responsibilities, transfer, current issues, aims, and objectives of Kinesiology.

*Transfer Credit:* Transfers to CSU, UC.

### KIN 3

#### Introduction to College and Intercollegiate Athletics

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Introduces college requirements, college services, community college eligibility requirements, and NCAA/NAIA transfer regulations for intercollegiate student athletes. Study skills instruction and academic planning included.

*Transfer Credit:* Transfers to CSU.

### KIN 4

#### Introduction to Personal Training

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Prepares students to pass a national exam in Personal Training (NSCA, NASM, ACE). Topics include health screening, strength/fitness assessment, basic exercise science and program design. Appropriate for students considering careers in personal training, group exercise, physical therapy, and athletic training.

*Transfer Credit:* Transfers to CSU.

### KIN 7

#### Human Performance and Sports Nutrition

2 units; 2 hours Lecture

Repeatability: May be taken a total of 2 times.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Explores the science of sports nutrition and how to apply nutrition principles to benefit athletic performance. Diet, hydration, and supplementation needs before, during, and after exercise are evaluated for their effect on optimal performance. This course is designed for both the recreational and competitive athlete.

*Transfer Credit:* Transfers to CSU, UC.

## **KIN 8**

### **Weight Management**

2 units; 1 hour Lecture, 2 hours Laboratory

Repeatability: May be taken a total of 4 times.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Provides education, instruction, and support in weight management that uses an integrated approach among the disciplines of exercise science, nutrition, and behavioral modification.

*Transfer Credit:* Transfers to CSU.

## **KIN 10A**

### **Athletic Training: Injury Prevention, Evaluation and Care**

3 units; 3 hours Lecture

Repeatability: May be taken a total of 4 times.

Recommended Preparation: BIO 4; Eligibility for ENGL 100 and READ 100.

Introduces the profession of athletic training including recognition, initial care, rehabilitation, and taping techniques of common athletic injuries. Athletic injury prevention will be emphasized through pre-participation physical exams, exercise, programs, preventative taping and wrapping, proper fitting of equipment, and protective braces.

*Transfer Credit:* Transfers to CSU, UC.

## **KIN 10AL**

### **Clinical Experience in Sports Medicine I**

1 - 2 units; 2 hours Laboratory

Hybrid Requisite: Completion of or concurrent enrollment in KIN 10A.

Recommended Preparation: BIO 4; Eligibility for ENGL 100 and READ 100.

Provides the opportunity to apply the skills and knowledge acquired in KIN 10A, and provides practical exposure to the athletic training profession. Under the supervision of a Certified Athletic Trainer, students will assist in the prevention, evaluation, treatment and rehabilitation of injuries to student-athletes.

*Transfer Credit:* Transfers to CSU.

## **KIN 10B**

### **Athletic Training: Treatment and Rehabilitation of Athletic Injuries**

3 units; 3 hours Lecture

Recommended Preparation: BIO 4; Eligibility for ENGL 100 and READ 100.

Focuses on the follow up treatment of athletic injuries including the phases of tissue healing and basic components and goals of a rehabilitation program. Topics include therapeutic exercise, therapeutic modalities and other forms rehabilitation such as physical therapy, chiropractic care, and acupuncture.

*Transfer Credit:* Transfers to CSU.

## **KIN 10BL**

### **Clinical Experience in Sports Medicine II**

1 - 2 units; 2 hours Laboratory

Prerequisite: KIN 10AL.

Hybrid Requisite: Successful completion or concurrent enrollment in KIN 10B.

Recommended Preparation: BIO 4; Eligibility for ENGL 100 and READ 100.

Provides the opportunity to apply the skills and knowledge acquired in KIN 10B, and provides further practical exposure to the athletic training profession. Under the supervision of a certified athletic trainer, students will assist in the prevention, evaluation, and treatment of student-athletes.

*Transfer Credit:* Transfers to CSU.

## **KIN 10CL**

### **Clinical Experience in Sports Medicine III**

1 - 2 units; 2 hours Laboratory

Prerequisite: KIN 10BL or equivalent skills.

Recommended Preparation: BIO 4; Eligibility for ENGL 100 and READ 100.

Provides continued practical exposure to athletic training and increases student proficiency in athletic training competencies. Under the supervision of a Certified Athletic Trainer, students will assist in the prevention, evaluation, treatment and rehabilitation of injuries to student-athletes with an increasing degree of independence.

*Transfer Credit:* Transfers to CSU.

## **KIN 13**

### **First Aid: Responding to Emergencies**

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides certification in American Red Cross "Responding to Emergencies and Community CPR" for students who want training in accident prevention and treatment of the injured. May be offered in a Distance-Learning Format.

*Transfer Credit:* Transfers to CSU, UC, with limits: KIN 13 & 15 combined-maximum credit, 1 course.

## **KIN 14**

### **Advanced First Aid: Emergency Response**

4 units; 4 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides American Red Cross certification in Emergency Response and CPR for the Professional Rescuer. Provides the knowledge and skills in emergency care needed by peace officers, firefighters, emergency medical technicians, and other special interest groups. Meets the CPR prerequisite for admission to the EMT program through Emergency Medical Services. Includes mandated airway management skills module. May be offered in a Distance-Learning Format.

*Transfer Credit:* Transfers to CSU.

**KIN 15****Community Cardio Pulmonary Resuscitation**

0.5 unit; 0.5 hour Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides certification in American Red Cross Community CPR. Provides training care for the adult, child, and infant victim.

*Transfer Credit:* Transfers to CSU, UC, with limits: KIN 13 & 15 combined-maximum credit-1 course.

**KIN 20L****Aerobic Fitness**

0.5 - 3 units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides supervision in developing and maintaining a personal aerobic fitness program in the Wellness Education Center.

*Transfer Credit:* Transfers to CSU, UC, with limits: Any or all KIN activity courses combined: maximum credit-4 units.

**KIN 22L****Strength Training**

0.5 - 3 units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides supervision in developing and maintaining a personal strength training program in the Wellness Education Center.

*Transfer Credit:* Transfers to CSU, UC, with limits: Any or all KIN activity courses combined: maximum credit-4 units.

**KIN 27****Weight Training**

0.5 - 2 units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides instruction on the biomechanics of strength training, muscle trainability, and training principles using both machines and free weights.

*Transfer Credit:* Transfers to CSU, UC, with limits: Any or all KIN activity courses combined: maximum credit- 4 units.

**KIN 31****Total Fitness**

0.5 - 1.5 units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides cardiovascular conditioning, strength training, flexibility exercises, and instruction in concepts relative to physical fitness.

*Transfer Credit:* Transfers to CSU, UC, with limits: Any or all KIN activity courses combined: maximum credit- 4 units.

**KIN 33****Functional Fitness**

0.5 - 2 units; 1.5 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides instruction in functional fitness using body weight and light weight equipment to challenge each individual in a supportive environment.

*Transfer Credit:* Transfers to CSU, UC, with limits: Any or all KIN activity courses combined: maximum credit-4 units.

**KIN 34****Core Performance–Be Your Own Trainer**

0.5 - 2 units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides education and instruction in an approach to fitness using functional and core training.

*Transfer Credit:* Transfers to CSU.

**KIN 37****Hatha Yoga**

0.5 - 2 units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides instruction on asanas (postures) with attention to breath awareness and detail of postural alignment of the body to develop strength, endurance, flexibility, balance, and to reduce stress. Develops awareness and consciousness in the physical body to establish the mind/body connection.

*Transfer Credit:* Transfers to CSU, UC, with limits: Any or all KIN activity courses combined: maximum credit- 4 units.

**KIN 38****Yoga and Stress Reduction**

0.5 - 2 units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Explores the eight limbs of yoga as a method for reducing stress, improving well-being, and cultivating the connection of mind and body. Introduces asanas (physical postures), meditation, pranayama (breathing techniques), and the yamas and niyamas that guide healthy and ethical living.

*Transfer Credit:* Transfers to CSU, UC, with limits: Any or all KIN activity courses combined: maximum credit-4 units.

**KIN 39****Gyrokinesis Movement Yoga**

0.5 - 2 units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Re-educates and invigorates the body to move with fluidity, relaxation, and power by rhythmic exercise.

*Transfer Credit:* Transfers to CSU, UC, with limits: Any or all KIN activity courses combined: maximum credit-4 units.

**KIN 40**

**Golf**

0.5 - 2 units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides instruction in the development of basic golf swing techniques including chipping, bunker shots, uneven lie positions, swing correction techniques, putting, elements of golf course management, rules, and golf etiquette.

*Transfer Credit:* Transfers to CSU, UC, with limits: Any or all KIN activity courses combined: maximum credit- 4 units.

**KIN 41**

**Golf Course Play**

0.5 - 2 units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Develops advanced golf skills through instruction at the range and practice on local golf courses.

*Transfer Credit:* Transfers to CSU, UC, with limits: Any or all KIN activity courses combined: maximum credit- 4 units.

**KIN 43**

**Tennis**

0.5 - 2 units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides instruction in the development of stroke production, footwork, strategy, rules, and etiquette for singles and doubles play.

*Transfer Credit:* Transfers to CSU, UC, with limits: Any or all KIN activity courses combined: maximum credit- 4 units.

**KIN 45**

**Beginning Self-Defense for Women**

1 - 2 units; 0.5 hour Lecture, 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides basic self-defense skills and psychological techniques for confronting threatening situations. Includes information about the nature and incidence of assaults.

*Transfer Credit:* Transfers to CSU, UC, with limits: Any or all KIN activity courses combined: maximum credit- 4 units.

**KIN 46**

**Baseball**

0.5 - 3 units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides instruction in individual offensive and defensive skills and team strategies of baseball.

*Transfer Credit:* Transfers to CSU, UC, with limits: Any or all KIN activity courses combined: maximum credit- 4 units.

**KIN 47**

**Basketball**

0.5 - 2 units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides instruction in offensive and defensive skills and team strategies of basketball.

*Transfer Credit:* Transfers to CSU, UC, with limits: Any or all KIN activity courses combined: maximum credit- 4 units.

**KIN 48**

**Football**

0.5 - 2 units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides instruction in the individual offensive and defensive skills and team strategies of football.

*Transfer Credit:* Transfers to CSU, UC, with limits: Any or all KIN activity courses combined: maximum credit- 4 units.

**KIN 50**

**Soccer**

0.5 - 2 units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides instruction in individual and team soccer skills and strategies.

*Transfer Credit:* Transfers to CSU, UC, with limits: Any or all KIN activity courses combined: maximum credit- 4 units.

**KIN 51**

**Indoor Soccer-Futsal**

0.5 - 2 units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides instruction in individual and team indoor soccer/futsal skills and strategies.

*Transfer Credit:* Transfers to CSU, UC, with limits: Any or all KIN activity courses combined: maximum credit-4 units.

**KIN 53**

**Softball**

0.5 - 2 units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides instruction in offensive and defensive skills and team strategies of softball.

*Transfer Credit:* Transfers to CSU, UC, with limits: Any or all KIN activity courses combined: maximum credit- 4 units.

**KIN 54****Volleyball**

0.5 - 2 units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides instruction on the individual and team skills and strategies of volleyball.

*Transfer Credit:* Transfers to CSU, UC, with limits: Any or all KIN activity courses combined: maximum credit- 4 units.

**KIN 55****Sports Conditioning**

0.5 - 3 units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides a setting to improve cardiovascular fitness, muscular strength, flexibility, and specific sport movement patterns to minimize injury potential during competitive seasons for male and female intercollegiate athletes.

*Transfer Credit:* Transfers to CSU, UC, with limits: Any or all KIN activity courses combined: maximum credit- 4 units.

**KIN 60****Swimming**

0.5 - 3 units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Emphasizes development of aquatic skills and conditioning appropriate for the non-swimmer, beginning swimmer, or intermediate swimmer. Instruction will include water adaptation, basic strokes, watermanship skills, deep water skills, competitive strokes and techniques, and conditioning activities.

*Transfer Credit:* Transfers to CSU, UC, with limits: Any or all KIN activity courses combined: maximum credit- 4 units.

**KIN 61****Swim Fitness**

0.5 - 3 units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Improves physical fitness using competitive swim strokes. Stroke technique, competitive methods, aerobic and anaerobic swim sets are included. Workouts vary to accommodate different ability levels.

*Transfer Credit:* Transfers to CSU, UC, with limits: Any or all KIN activity courses combined: maximum credit- 4 units.

**KIN 62****Water Aerobics**

0.5 - 2 units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides cardiovascular conditioning, muscle strengthening, and flexibility through non-swimming water exercise emphasizing low impact on joints. Can be used for rehabilitation and as a cross-training activity for athletes.

*Transfer Credit:* Transfers to CSU, UC, with limits: Any or all KIN activity courses combined: maximum credit- 4 units.

**KIN 63****Water Polo**

0.5 - 2 units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides instruction on the individual offensive and defensive skills and team strategies of water polo.

*Transfer Credit:* Transfers to CSU, UC, with limits: Any or all KIN activity courses combined: maximum credit- 4 units.

**KIN 64****Lifeguard Training**

2 units; 1 hour Lecture, 2 hours Laboratory

Recommended Preparation: Ability to swim 500 yards continuously, demonstrating stroke proficiency with crawl and breaststroke. Ability to surface dive to a depth of 7' and recover a 10-pound brick; eligibility for ENGL 100 and READ 100.

Repeatability: May be taken a total of 2 times.

Provides American Red Cross certification in Lifeguarding, First Aid, and CPR. Provides information and training for lifeguards in pool safety and pool management.

*Transfer Credit:* Transfers to CSU, UC, with limits: Any or all KIN activity courses combined: maximum credit-4 units.