

KINESIOLOGY: THEORY (KIN)

KIN 3 First Aid and CPR

3 Units (Degree Applicable, CSU, UC, C-ID #: KIN 101)

Lecture: 54

Advisory: *Eligibility for ENGL 68*

Training in caring for victims of injuries, sudden illness, and other medical emergencies; includes Community Cardiopulmonary Resuscitation (CPR). Students who successfully pass all requirements, will earn the appropriate American Red Cross First Aid certificate, CPR certificate, or both.

KIN 5 Advanced First Aid/CPR/Emergency Response

3 Units (Degree Applicable, CSU)

Lecture: 54

Advisory: *Eligibility for ENGL 68*

First responder training, training and certifications, including laboratory experience for developing the First Aid (FA) and Cardiopulmonary Resuscitation (CPR) skills required by public safety personnel, athletic trainers, emergency response team members, flight attendants, coaches, and nurses. Students who successfully pass all requirements will receive an American Red Cross (ARC) Certificate in Emergency Response, CPR for the professional rescuer, or both.

KIN 13 Sports Officiating

3 Units (Degree Applicable, CSU, UC)

UC Credit Limitation

Lecture: 54

Introduction to the fundamentals and techniques of officiating various sports. This course will provide students with the opportunity to acquire knowledge, skill, and experience to function effectively as a sport official.

KIN 15 Administration of Fitness Programs

2 Units (Degree Applicable, CSU)

(May be taken for option of letter grade or Pass/No Pass)

Lecture: 36

Leadership training and administrative skills related to fitness specialists, personal trainers, and physical educators. Current issues, curriculum topics, and practical skills related to careers in fitness and physical education.

KIN 17 Introduction to Kinesiology

3 Units (Degree Applicable, CSU, UC, C-ID #: KIN 100)

(May be taken for option of letter grade or Pass/No Pass)

Lecture: 54

Kinesiology as a profession and academic discipline. Explores sub-disciplines, opportunities in the field, philosophy, scientific basis, and analysis.

KIN 19 Introduction to Care/Prevention of Activity/Sports-Related Injuries

3 Units (Degree Applicable, CSU, UC)

Lecture: 54

Techniques and procedures for prevention and treatment of activity and sports-related injuries. Includes the responsibilities of the athletic trainer, policies and procedures of the athletic training room and the operation of rehabilitative modalities.

KIN 24 Applied Kinesiology

2 Units (Degree Applicable, CSU)

(May be taken for option of letter grade or Pass/No Pass)

Lecture: 36

The study of movement as it relates to exercise and the interrelationships of body segments involved in human movement activity, actions of joints, nerves, and muscle exercise.

KIN 34 Fitness for Living

3 Units (Degree Applicable, CSU, UC)

Lecture: 54

Surveys the fundamentals of wellness including the five components of health related fitness, fitness program design, nutrition, weight maintenance, and stress management. Presents solid foundation for optimal health. Multiple opportunities are offered for self-evaluation within this course.

KIN 38 Physiology of Exercise for Fitness

3 Units (Degree Applicable)

Lecture: 54

Theory of basic physiological concepts as they pertain to exercise training and the prescription of individual fitness programs.

KIN 39 Techniques of Fitness Testing

2 Units (Degree Applicable, CSU)

Lecture: 36

Theory and techniques of fitness testing, assessment, evaluation, and exercise program design. Includes laboratory experience and practical applications. This course is part of the Fitness Specialist Certificate.

KIN 40 Techniques of Strength Training and Conditioning

3 Units (Degree Applicable, CSU)

(May be taken for option of letter grade or Pass/No Pass)

Lecture: 54

Principles and techniques of strength training and cardiovascular conditioning. Includes both theory and practical instruction of strength training and cardiovascular exercise, special needs considerations, professional responsibilities and liabilities, skills needed for those entering the fitness training job field. This course is a part of Fitness Specialist Certificate.

KIN 44 Theory of Coaching

3 Units (Degree Applicable, CSU, UC)

UC Credit Limitation

Lecture: 54

Challenges coaches to define their coaching philosophy, objectives, and style; enhance communication and motivational skills; become more effective teachers; and improve team, relationship, risk, and self-management skills. Theory of coaching covers the fundamentals of being a successful coach, on and off the field.

KIN 50 Mt. Sac Fire Academy Physical Ability Entrance Exam

0.5 Units (Degree Applicable)

(May be taken for Pass/No Pass only)

Lecture: 9

Prerequisite: *Approval to enroll by Fire Technology Office*

Physical ability test for admission into the Mt. SAC Fire Academy. Candidates must be approved by Fire Technology Office.

KIN 81 Work Experience for Coaching

2-2.5 Units (Degree Applicable)

(May be taken for Pass/No Pass only)

Lab: 120-150

Prerequisite: *Compliance with Work Experience regulations as designated in the College Catalog.*

Provides students with on-the-job experience in approved worksites related to coaching. A minimum of 75 paid or 60 non-paid clock hours per semester is required for each unit of credit. Work experience placement is not guaranteed, but assistance is provided by the Coaching Certificate faculty advisor.

KIN 85 Fitness Specialist Work Experience

1 Unit (Degree Applicable)

(May be taken for option of letter grade or Pass/No Pass)

Lab: 60-75

Prerequisite: *Compliance with work experience regulations as designated in the college catalog. Must have completed most courses required for the Fitness Specialist Certificate. Prior approval by professor required.*

Final course in the Fitness Specialist Certificate. Provides students finishing the certificate on-the-job skill development in fitness testing, program design, and client relationships. A minimum of 75 paid or 60 non-paid hours is required.

KIN 92 Work Experience - Athletic Training

2-3 Units (Degree Applicable)

(May be taken for Pass/No Pass only)

Lab: 120-225

Prerequisite: *Compliance with work experience regulations as designated in the college catalog.*

Provides athletic trainer aides and physical education students with actual on-the-job experience in an approved worksite related to classroom instruction. A minimum of 75 paid or 60 non-paid clock hours per semester of supervised work is required for each unit of credit. It is recommended that the hours per week be equally distributed throughout the semester. Work experience placement is not guaranteed, but assistance is provided by the athletic trainer faculty and staff. Students who repeat this course will improve skills through further instruction and practice. Compliance with work experience regulations as designated in the college catalog.