

Kinesiology (AA-T)

CAREER PATHS:

Physical or Occupational Therapist

Exercise Physiologist

Sports Administrator

Fitness Coach/Trainer

Additional Career Paths and related data, including state-by-state wage info and growth in the field, can be found at www.onetonline.org.

This program map represents one possible pathway. See a counselor to create a customized education plan. Map is for the 2019-2020 catalog year.

1 FIRST SEMESTER

Total Recommended Units: 16

<input type="checkbox"/>	KINE 020A	3 units
	Introduction to Kinesiology	
<input type="checkbox"/>	Movement-based Course	1 unit
	Aquatics, Combatives, Dance, Fitness, Individual, Team. Max one per group.	
<input type="checkbox"/>	MATH 011	4 units
	Elementary Statistics (IGETC 2)	
<input type="checkbox"/>	ENGL 001	4 units
	College Composition (IGETC 1A)	
<input type="checkbox"/>	LR 010	1 unit
	Library Research/Info Competency	
<input type="checkbox"/>	IGETC 3A	3 units

3 THIRD SEMESTER

Total Recommended Units: 15

<input type="checkbox"/>	BIO 004 with Lab	5 units
	Human Anatomy (IGETC 5B)	
<input type="checkbox"/>	Movement-based Course	1 unit
	Aquatics, Combatives, Dance, Fitness, Individual, Team. Max one per group.	
<input type="checkbox"/>	IGETC 3B/Am Inst Grp 2	3 units
	Suggested: HIST 017 or 018	
<input type="checkbox"/>	Transferable Elective	3 units
	Suggested: NUTR 010 for transfer in Physical Therapy	
<input type="checkbox"/>	IGETC 4	3 units

2 SECOND SEMESTER

Total Recommended Units: 16

<input type="checkbox"/>	CHEM 001	5 units
	General Chemistry I (IGETC 5A)	
<input type="checkbox"/>	Movement-based Course	1 unit
	Aquatics, Combatives, Dance, Fitness, Individual, Team. Max one per group.	
<input type="checkbox"/>	IGETC 1B	4 units
	Suggested: ENGL 002	
<input type="checkbox"/>	Transferable Elective	3 units
	Suggested: MATH 002 for transfer in Physical Therapy	
<input type="checkbox"/>	Transferable Elective	3 units
	Suggested: MATH 051 for transfer in Physical Therapy	

4 FOURTH SEMESTER

Total Recommended Units: 17

<input type="checkbox"/>	BIO 005 with Lab	5 units
	Human Physiology	
<input type="checkbox"/>	IGETC 4/Am Inst Grp 1	3 units
	Suggested: PLSC 001 or PLSC 005	
<input type="checkbox"/>	IGETC 1C	3 units
	Suggested: COMM 001 or 002 or 006	
<input type="checkbox"/>	IGETC 3 A or B	3 units
<input type="checkbox"/>	IGETC 4	3 units

Required Courses/Courses in Discipline GE Courses/Categories



SOLANO
COMMUNITY COLLEGE

KINESIOLOGY

Associate in Arts for Transfer
GE Pattern: IGETC Program
Total Units: 64

For more information
please
contact:
(707) 864-7108

GET STARTED NOW!

Get started on your Pathway now with these recommended courses!

Then – See a counselor to create a **CUSTOMIZED** education plan personalized to your career and transfer goals!

Required courses may change depending on a student's career and transfer goals, including requirements for cross-cultural and foreign language courses, and/or specific requirements for an individual CSU or UC.

Unique transfer requirements for a specific institution can be found at www.assist.org.

LET US HELP YOU!

How to Apply: solano.edu/ar/apply.php

■ **Questions? Talk to a Counselor Now!**
Main Campus, Fairfield: (707) 864-7101
Vacaville Center: (707) 863-7836
Vallejo Center: (707) 642-8188
Travis AFB: (707) 863-7878
Visit online at solano.edu/counseling

■ **Contact Our Career Center to Learn Your Career Options!**
Call 707-864-7124, or email at CareerCenter@solano.edu
Visit online at solano.edu/career

■ **You Can Afford College! Learn more about Financial Aid!**
Call 707-864-7103, or email at FinancialAid@solano.edu
Visit online at solano.edu/financial_aid

■ **College is Accessible!** Contact our Disability Services Program (DSP) at 707-864-7136.

Kinesiology

Associate in Arts in Kinesiology for Transfer (ADT: A.A.-T)

Program Description

The Associate in Arts in Kinesiology for Transfer degree is designed to provide a seamless transfer pathway for students interested in pursuing at least one Kinesiology degree option in the CSU system.

Associate in Arts in Kinesiology for Transfer

Successful completion of the Associate in Arts in Kinesiology for Transfer degree prepares students to transfer into the CSU system and work in the sub-fields of Kinesiology. Students will learn about human functioning during sport and exercise, how exercise science and biomechanics is integrated into exercise program development, and observation and assessment of human performance. The Associate in Arts in Kinesiology for Transfer degree can provide students with the foundational knowledge necessary for transfer to a 4-year Bachelor of Science (BS) or Bachelor of Arts (BA) degree program. Students are encouraged to meet with a counselor to develop their educational plans as degree options and general education requirements vary for each university.

To earn the Associate in Arts in Kinesiology for Transfer degree, students must:

1. Complete 60 semester units that are eligible for transfer to the California State University, including both of the following:
 - a. The Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education – Breadth Requirements
 - b. A minimum of 18 semester units in a major or area of emphasis, as determined by the community college district.
2. Obtain a minimum grade point average of 2.0.

Program Outcomes

Students who complete the Associate in Arts in Kinesiology for Transfer degree will be able to:

1. Identify major microscopic and gross structures of the major systems of the human body.
2. Describe normal physiological processes.
3. Describe the different sub disciplines of Kinesiology
4. Describe how ethical, psychological, historical, and philosophical factors influence the discipline of Kinesiology and sports.
5. Explain the career options available to students graduating from departments of Kinesiology, and the qualifications associated with each.

REQUIRED COURSES	Units
BIO 004 Human Anatomy	5
BIO 005 Introductory Physiology	5
KINE 020A Introduction to Kinesiology	3
3 units from Movement-based courses (maximum of one course from any group)	3
Two courses from List A	6-9
Required Major Total Units	22-25

Movement-based Courses

Aquatics: (maximum of one course)	Units
KINE 002A Beginning Swimming	1
KINE 002B Intermediate Swimming	1
KINE 002D Swim for Fitness	1
Combatives: (maximum of one course)	Units
KINE 003A Beginning Self Defense	1
KINE 003D Beginning Judo	1
KINE 003E Intermediate Judo	1
KINE 006A Cardio Kickboxing	1

Dance: (maximum of one course)	Units
DANC 004A Beginning Contemporary Modern Dance	1
DANC 004B Beginning Tap Dance	1
DANC 004C Intermediate Tap Dance	1
DANC 004D Advanced Jazz Dance	1
DANC 004F Beginning Hip-Hop Dance	1
DANC 004H Beginning Jazz Dance	1
DANC 004J Beginning Ballroom Dance	1
DANC 004K Beginning Ballet	1
DANC 004M Intermediate Ballet	1
DANC 004N Beginning Swing Dance	1
DANC 004P Intermediate Jazz Dance	1
DANC 004S Intermediate Swing Dance	1
DANC 004T Intermediate Ballroom Dance	1

Kinesiology

Fitness: (maximum of one course) **Units**

KINE 005D Circuit Training	1
KINE 005E Cardio Conditioning	1
KINE 005J Beginning Body Conditioning	1
KINE 005K Intermediate Body Conditioning	1
KINE 005M Beginning Weight Training	1
KINE 005N Intermediate Weight Training	1
KINE 005P Step Aerobics	1
KINE 005R Functional & Core Training	1
KINE 006C Pilates for Fitness	1
KINE 006E Fundamentals of Yoga.....	1
KINE 006F Intermediate Yoga.....	1
KINE 078 Fit Ball Training	1

Individual Sports: (maximum of one course)..... **Units**

KINE 007F Beginning Archery	1
KINE 008A Beginning Tennis.....	1
KINE 008B Intermediate Tennis.....	1
KINE 008E Beginning Badminton	1
KINE 008F Intermediate Badminton.....	1

Team Sports: (maximum of one course)..... **Units**

KINE 009A Beginning Basketball	1
KINE 009E Intermediate Basketball	1
KINE 009F Beginning Baseball.....	1
KINE 009G Softball	1
KINE 009H Beginning Volleyball	1
KINE 009P Intermediate Volleyball.....	1

List A (select two courses, only one from same subject such as CHEM or PHYS) **Units**

BIO 016 Introduction to Human Biology.....	3
CHEM 001 General Chemistry.....	3
CHEM 012 Chemistry for Health Services	3
KINE 020S Advanced First Aid and Emergency Care.....	3
MATH 011 Elementary Statistics	4
PHYS 002 General Physics (Non-calculus).....	5
PHYS 006 Physics for Science and Engineering	5

CSU General Education or IGETC Pattern Units ... 37-39

CSU Transferable Electives (as needed to reach 60 transferable units)*	1-12
Total Degree Units	60

**6-15 units may be double counted toward both the major area of emphasis and CSU General Education or IGETC Pattern. Consult with a counselor for more information on completing this degree*

Kinesiology

Sports Medicine/Athletic Training

Program Description

The Department of Kinesiology at Solano Community College offers a Sports Medicine Program. We are proud of our program and its students. The program is very strong academically with a core of science courses and hands-on laboratories. The intent of the program is to increase the students' breadth and depth of knowledge relative to the discipline of Kinesiology and Health Science; to provide the opportunity for students to engage in scholarly activity that includes creative, critical, and analytical thinking; and to provide a focus of study that will enhance career commitment and allow for experiences that will lead to continued self-development and growth..

Associate in Science Degree

The Associate in Science Degree can be obtained upon completion of the 25-unit major, general education requirements, and electives. All courses for this major must be completed with a minimum grade of C or a P if the course is taken on a Pass/No Pass basis.

Program Outcomes

Students who complete the Sports Medicine/ Athletic Training Associate Degree will be able to:

1. Recognize and identify common athletic injuries and the role the certified athletic trainer plays in injury assessment.
2. Complete athletic training competency skills required in first 2 years of ATEP Athletic Training programs.
Develop and apply strategies to prevent the incidence and/or severity of injury and illnesses
3. Apply clinical and decision making skills to respond to acute injury and illness; including emergencies
4. Assess patient status and develop treatment and rehabilitation that are consistent with contemporary disablement models
5. Identify, in the laboratory, major microscopic and gross structures of the major systems of the human body.

REQUIRED COURSES	Units
BIO 004 Human Anatomy	5
CHEM 010 Intermediate Chemistry.....	4
KINE 020A Introduction to Kinesiology.....	3
SPMD 054 Care and Prevention of Athletic Injuries.....	3
KINE 020S Advanced First Aid and Emergency Care.....	3
SPMD 055A Sports Medicine-Athletic Training Practicum Fall Sports.....	3
SPMD 055B Sports Medicine-Athletic Training Practicum Spring Sports.....	3
SPMD 071 Back Care and Injury Management.....	1
Required Major Total Units	25

CSU General Education or IGETC Pattern units....	37-39
Transferable Electives (as needed to reach 60 units) ..	4-5
Total Degree Units CSU GE or IGETC	60
Solano General Education.....	21
Electives (as needed to reach 60 units).....	14
Total Degree Units Solano GE.....	60

** 6-9 units may be double counted toward both the major area of emphasis and CSU General Education or IGETC Pattern. Consult with a counselor.*

Kinesiology

Fitness Professional Job-Direct Low Unit Certificate

The required courses must be completed with a minimum grade of C.

REQUIRED COURSES	Units
KINE 005J Beginning Body Conditioning	1
or	
KINE 005K Intermediate Body Conditioning	1
 KINE 020S Advanced First Aid and Emergency Care	 3
KINE 020W Principles of Fitness & Sports Training	3
KINE 020V Introduction to Sports Science	3
NUTR 010 Nutrition	3
4.0 Units from the following list: *	4
Total Units	17

* At least one activity course selected from four of the seven listed categories:

Aquatics:	KINE 002A, 002B, 002D, 002E	Combatives:	KINE 003A, 003C, 003D, 003E
Dance:	DANC 004A, 004B, 004C, 004D 004F, 004H, 004J 004K, 004N	Fitness:	KINE 005C, 005G, 005J, 005K, 005M, 005N, 005P, 006A, 006C, 006E, 006F, 078
Individual Sports:	007F	Racquet Sports:	KINE 008A, 008B, 008C, 008E, 008F
Team Sports:	KINE 009A, 009B, 009C, 009E, 009F, 009G, 009H, 009P		

Kinesiology

Athletics

ATHL 001

Women's Intercollegiate Volleyball (Fall)

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Health & PE

Transferable to UC

Hours: 160-180 lab.

A comprehensive course designed for the student-athlete covering advanced intercollegiate volleyball skills. The course includes the theories and analyses of offensive and defensive strategies, skill acquisition, development of fitness skills and mental preparation for competition. Repeatable 3 times.

3.0 Units

ATHL 001A

Off-Season Intercollegiate Volleyball Conditioning

Prerequisite: Athletic Tryout & Team Selection.

Course Advisory: High School and competitive experience.

General Education: Option A: Local District Requirements

Transferable to UC/CSU

Hours: 128-144 lab.

A comprehensive course designed for the student-athlete covering intercollegiate volleyball skills. The course includes the theories and analyses of offensive and defensive strategies, skill acquisition, development of fitness skills and mental preparation for non-traditional competition. Repeatable 3 times.

2.5 Units

ATHL 001B

Pre-season Intercollegiate Volleyball

Transferable to UC/CSU

Hours: 48-54 lab.

A comprehensive course designed for the intercollegiate student-athlete. The course focus is on continued development and enhancement of physical performance and maintenance level required of each student-athlete participating in intercollegiate volleyball. The course will focus on learning and execution of fitness/conditioning parameters as well as pre and post tests on volleyball skills. Repeatable 3 times.

1.0 Unit

ATHL 002A

Women's Intercollegiate Basketball (Fall)

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Health & PE

Transferable to UC/CSU

Hours: 64-72 lab.

A comprehensive course designed for the student-athlete covering advanced intercollegiate basketball skills. The course includes the theories and analyses of offensive and defensive strategies, acquisition and development of physical skills, and mental preparation for competition. Repeatable 3 times.

1.0 Unit

ATHL 002B

Women's Intercollegiate Basketball (Spring)

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Health & PE

Transferable to UC

Hours: 96-108 lab.

A comprehensive course designed for the student-athlete covering advanced intercollegiate basketball skills. The course includes the theories and analyses of offensive and defensive strategies, acquisition and development of physical skills, and mental preparation for competition. Repeatable 3 times.

2.0 Units

ATHL 002C

Off-Season Intercollegiate Basketball Conditioning

Prerequisite: Athletic Tryout & Team Selection.

Transferable to UC/CSU

Hours: 48-54 lab.

A comprehensive course designed for the intercollegiate basketball student-athlete. The course focus is on continued development and enhancement of physical performance and maintenance level required of basketball. The course will focus on fitness/conditioning as well as basketball specific movements. Repeatable 3 times.

1.0 Unit

ATHL 002D

Intercollegiate Basketball Conditioning

Prerequisite: Athletic Tryout & Team Selection.

Transferable to UC/CSU

Hours: 24-27 lab.

A comprehensive course designed for the intercollegiate basketball student-athlete. The course focus is on continuing to develop fundamental basketball skills. The course includes offensive and defensive concepts, skill acquisition, and fitness development specific to basketball.

0.5 Unit

Kinesiology

ATHL 002E

1.5 Units

Pre-Season Intercollegiate Basketball Conditioning

Prerequisite: Athletic Tryout & Team Selection.

Transferable to UC/CSU

Hours: 84-94.5 lab.

A comprehensive course designed for the intercollegiate basketball student-athlete. The course focus is on developing fundamental basketball skills. The course includes the theories and analyses of offensive and defensive strategies, skill acquisition, development of fitness and mental preparation for competition. Repeatable 3 times.

ATHL 003 Intercollegiate Softball (Women) 3.0 Units

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Health & PE

Transferable to UC

Hours: 160-180 lab.

A comprehensive course designed for the student-athlete covering advanced softball skills. The course includes the theories and analyses of offensive and defensive strategies, skill acquisition, development of fitness skills and mental preparation for competition. Repeatable 3 times.

ATHL 003A

3.0 Units

Off-Season Intercollegiate Softball Conditioning

Prerequisite: Athletic Tryout & Team Selection.

General Education: Option A: Health & PE

Transferable to UC/CSU

Hours: 144-162 lab.

A comprehensive course covering fundamental softball skills designed to develop the off-season student-athlete. The course includes the theories and analyses of offensive and defensive strategies, skill acquisition, development of fitness skills and mental preparation for competition. Repeatable 3 times.

ATHL 003B

0.5 Unit

Pre-Season Intercollegiate Softball Conditioning

Prerequisite: Athletic Tryout & Team Selection.

General Education: Option A: Health & PE

Transferable to UC/CSU

Hours: 24-27 lab.

A comprehensive course designed for the intercollegiate softball student-athlete. The course focus is on continued development and enhancement of physical performance and maintenance level required of softball. The course will focus on fitness/conditioning as well as sport-specific movements in preparation for the start of the collegiate season of competition. Repeatable 3 times.

ATHL 004

2.0 Units

Women's Intercollegiate Soccer (Fall)

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Health & PE

Transferable to UC/CSU

Hours: 160-180 lab.

A comprehensive course designed for the student-athlete covering advanced intercollegiate soccer skills. The course includes the theories and analysis of offensive and defensive strategies, skill acquisition, development of fitness skills and mental preparations for competition. Repeatable 3 times.

ATHL 004A

1.5 Units

Off-Season Intercollegiate Women's Soccer

Course Advisory: Higher level soccer playing experience such as high school school and/or club level.

Transferable to UC/CSU

Hours: 80-90 lab.

A comprehensive course designed for the student-athlete covering intercollegiate soccer skills. The course includes the theories and analyses of offensive and defensive strategies, skill acquisition, development of fitness skills and mental preparation for non-traditional competition. Repeatable 3 times.

ATHL 004B

1.5 Units

Pre-season Women's Intercollegiate Soccer

Prerequisite: Athletic Tryout and Team Selection.

General Education: Option A: Health & PE

Transferable to UC/CSU

Hours: 80-90 lab.

A comprehensive course designed to develop the pre-season student athlete covering fundamental soccer skills. This is a course designed for the intercollegiate student-athlete. The course focus is on continued development and enhancement of physical performance and maintenance level required of each student-athlete participating in intercollegiate soccer. The course will focus on learning and execution of fitness/conditioning parameters as well as pre and post tests on soccer skills.

ATHL 010

3.0 Units

Men's and Women's Intercollegiate Swimming and Diving

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Health & PE

Transferable to UC

Hours: 160-180 lab.

A comprehensive course designed for the student-athlete covering advanced intercollegiate swimming and diving skills. The course includes theories and analyses of skill acquisition, development of fitness skills and mental preparation for competition. Repeatable 3 times.

Kinesiology

ATHL 010A PreSeason Swimming & Diving 2.0 Units

General Education: Option A: Local District Requirements
Transferable to UC/CSU
Hours: 96-108 lab.

A comprehensive course designed for the student-athlete covering intercollegiate swimming and diving skills. The course includes the theories and analyses of stroke technique and racing and diving strategies, skill acquisition, development of fitness and conditioning and mental preparation for non-traditional competition. Student-athletes interested in trying out for the intercollegiate team in the fall should be enrolled in this course. Repeatable 3 times.

ATHL 015 Men's Intercollegiate Baseball 3.0 Units

Course Advisory: SCC minimum English and Math standards.
General Education: Option A: Health & PE
Transferable to UC
Hours: 160-180 lab.

A comprehensive course designed for the student-athlete covering advanced intercollegiate baseball skills. The course includes the theories and analyses of offensive and defensive strategies, skill acquisition, development of fitness skills and mental preparation for competition. Repeatable 3 times.

ATHL 015A 3.0 Units

Off-Season Intercollegiate Baseball Conditioning

Prerequisite: Athletic Tryout & Team Selection.
Transferable to UC/CSU
Hours: 144-162 lab.

A comprehensive course covering fundamental baseball skills designed to develop the off-season student athlete. The course includes the theories and analyses of hitting, pitching, and defensive strategies, skill acquisition, development of fitness skills, and mental preparation for competition. Repeatable 3 times.

ATHL 015B 0.5 Unit

Pre-Season Intercollegiate Baseball

Prerequisite: Athletic Tryout & Team Selection.
Transferable to UC/CSU
Hours: 24-27 lab.

A comprehensive course designed for the intercollegiate baseball student-athlete. The course focus is on continued development and enhancement of physical performance and maintenance level required of baseball. The course will focus on fitness/conditioning as well as sport specific movements in preparation for the start of the collegiate season of competition. Repeatable 3 times.

ATHL 016A 1.0 Unit

Men's Intercollegiate Basketball (Fall)

Course Advisory: SCC minimum English and Math standards.
General Education: Option A: Local District Requirements
Transferable to UC/CSU
Hours: 64-72 lab.

A comprehensive course designed for the student-athlete covering advanced intercollegiate basketball skills. The course includes the theories and analyses of offensive and defensive strategies, acquisition and development of physical skills, and mental preparation for competition. Repeatable 3 times.

ATHL 016B 2.0 Units

Men's Intercollegiate Basketball (Spring)

Course Advisory: SCC minimum English and Math standards.
General Education: Option A: Local District Requirements
Transferable to UC
Hours: 96-108 lab.

A comprehensive course designed for the student-athlete covering advanced intercollegiate basketball skills. The course includes the theories and analyses of offensive and defensive strategies, acquisition and development of physical skills, and mental preparation for competition. Repeatable 3 times.

ATHL 022 Intercollegiate Tennis 3.0 Units

Prerequisite: Athletic Tryout & Team Selection.
General Education: Option A: Local District Requirements
Transferable to UC/CSU
Hours: 160-180 lab.

A comprehensive course designed for the student-athlete covering advanced intercollegiate tennis skills. The course includes the four pillars of the game: mental, physical, tactical, and technical facets. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Through the intercollegiate competitive experience students will improve their individual tennis skills, increase their ability to employ advanced strategies and increase their knowledge of physical training, nutrition, and biomechanics underlying the development of force, power and accuracy. Day and/or overnight travel will be required. Repeatable 3 times.

Kinesiology

ATHL 022A

3.0 Units *Dance*

Off-Season Intercollegiate Tennis Conditioning

Requisite: Athletic Tryout & Team Selection.

Course Advisory: Advanced tennis skills and/or competitive experience at the high school or tennis club level.

General Education: Option A: Local District Requirements

Transferable to UC/CSU

Hours: 144-162 lab.

A comprehensive pre-season course designed to help the tennis student-athlete to develop and practice skills. This course includes mental, physical, tactical and technical facets of the game of tennis. The course includes theories and analyses of offensive and defensive strategies, skill acquisition and sport specific fitness. Repeatable 3 times.

ATHL 022B

0.5 Unit

Pre-Season Intercollegiate Tennis Conditioning

Prerequisite: Athletic Tryout & Team Selection.

Transferable to UC/CSU

Hours: 24-27 lab.

A comprehensive course designed for the intercollegiate tennis student-athlete. The course focus is on continued development and enhancement of physical performance and maintenance level required of tennis. The course will focus on fitness/conditioning as well as sport specific movements in preparation for the start of the collegiate season of competition. Repeatable 3 times.

ATHL 025

1.0-1.5 Unit

In-Season Intercollegiate Conditioning

Corequisite: Course is for Intercollegiate student athletes, must enroll in both ATHL (team course) and ATHL 020 in the same season. Each Sport has their own ATHL ____ (#). Take ATHL course that is represented with course of study.

General Education: Option A: Health & PE

Hours: 48-54 or 72-81 lab.

A comprehensive course designed for the intercollegiate student athlete. The course focus is on continued development and enhancement of physical performance and maintenance in intercollegiate sports. The course will focus on learning and execution of fitness/conditioning parameters as well as pre- and post-test. Students will analyze advanced offensive and defensive strategies.

ATHL 050 Peak Performance

1.0 Unit

General Education: Option A: Health & PE

Hours: Hours: 48-54 lab.

Exploration of the cognitive, social, and physiological factors influencing peak performance in sport. Students will learn and apply optimal performance techniques for optimizing sport performance through the development of mental skills and strategies for stress control, imagery, goal setting, and concentration.

DANC 004 Dance Appreciation

3.0 Units

Transferable to UC/CSU

Hours: Hours: 48-54 lab.

Explores the development of dance in Western Europe and the United States from ancient times to the present. Explores dance as an emerging art form from the Renaissance to the 20th century. Emphasizes the contemporary dance heritage of the United States. Field Trip may be requested. (Formerly KINE 004)

DANC 004A

1.0 Unit

Beginning Contemporary Modern Dance

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Health & PE; Option C: Area E

Transferable to UC/CSU

Hours: Hours: 48-54 lab.

Introduction to basic contemporary modern dance techniques. This class will focus on proper contemporary modern dance alignment, terminology, center work, movement across the floor, composition and self-expression through movement. Students will study posture and alignment for dance, alignment reference points and basic postural muscles. Students will develop physical strength, flexibility, coordination, and an increase in movement memory. Students will study the basic components of fitness as they relate to dance training and basic health guidelines for nutrition and injury care and prevention. Students will explore a variety of common accompaniments for contemporary modern dance. Basic music notation will be presented in preparation for future dance composition. The history of Modern Dance is included. Interval skills exams and written exams serve to measure student achievement. (Formerly KINE 004A)

DANC 004B Beginning Tap Dance

1.0 Unit

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Health & PE; Option C: Area E

Transferable to UC/CSU

Hours: Hours: 48-54 lab.

Introduction to body placement, body balance, rhythm, coordination, musicality, and a repertoire of the traditional tap (foot) techniques. This course presents lecture information on music, music analysis, understanding basic components of fitness as related to dance, nutrition and basic first aid and injury prevention. History of tap dance as an indigenous American dance form is included. Skills exams and written exams are used to evaluate student achievement. (Formerly KINE 004B)

Kinesiology

DANC 004C Intermediate Tap Dance

1.0 Unit

Prerequisite: A minimum grade of C in DANC 004B.

*General Education: Option A: Health & PE; Option C: Area E
Transferable to UC/CSU*

Hours: 48-54 lab.

Explore intermediate tap dance step, patterns, combinations, and choreography. Music theory concepts as they apply to the syncopated rhythms of tap dance are included. The history of tap dance as an indigenous American dance form is discussed. Interval performance exams are used to evaluate student achievement. Written exams are used to evaluate the student's knowledge of technique, music theory, rhythmic patterns, and the historical and cultural significance of tap dance in America. Students will learn to appreciate this dance form via attendance at a dance concert or musical theater performance. (Formerly KINE 004C)

DANC 004D Advanced Jazz Dance

1.0 Unit

Prerequisite: DANC 004P with a minimum grade of C.

*General Education: Option A: Health & PE; Option C: Area E
Transferable to UC/CSU*

Hours: 48-54 lab.

For students who have vocational or avocational interests in dance. Course emphasis is on the skill development and analysis of intermediate-level and advanced-level techniques and patterns. Selected technique syllabi of various dance artists will be presented and studied. Jazz idioms, styles, and the historical and cultural development are included. Participation in the annual dance concert is encouraged. Interval skills exams and written exams serve to evaluate student achievement. Recommended for Kinesiology and Theatre Arts majors.

DANC 004E Dance Production

3.0 Units

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Health & PE

Transferable to UC/CSU

Hours: 16-18 lecture, 96-108 lab by arrangement

Designed for dance students interested in public performance. Experiences in student choreography are included in addition to participation in the annual college dance concert. Interval skills exams and written exams serve to evaluate student achievement. Recommended for Theatre Arts Majors. (Formerly KINE 004E)

DANC 004F Beginning Hip-Hop Dance

1.0 Unit

Course Advisory: SCC minimum English and Math standards.

*General Education: Option A: Health & PE; Option C: Area E
Transferable to UC/CSU*

Hours: 48-54 lab.

Introduction to the fundamentals of beginning hip-hop dance style. Students will learn general patterns as well as the basics of creating their own style and routines. Information describing the history and cultural development of hip-hop as a dance form will be presented. (Formerly KINE 004F)

DANC 004G Dance Choreography

2.0 Units

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Health & PE

Transferable to UC/CSU

Hours: 16-18 lecture, 48-54 lab.

An overview of the field of choreography and a study of the elements of dance composition as related to a specific form of dance, such as Jazz, Modern, Ballet, Hip-Hop, Ballroom, and Tap, based on individual student need. Students will choreograph dance studies applying a variety of choreographic approaches and techniques. Students will participate in a class, community and/or college performance. Recommended for Kinesiology, Dance/Theatre, or related arts majors. Dance experience recommended. (Formerly KINE 004G)

DANC 004H Beginning Jazz Dance

1.0 Unit

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Health & PE; Option C: Area E

Transferable to UC/CSU

Hours: 48-54 lab.

Introduces basic jazz techniques, styles, terminology, and history. This course presents lecture information on posture for the dancer, music analysis, understanding basic components of fitness as related to dance, nutrition and injury prevention, and choreography dance notation. The course focuses on sequential development of basic jazz patterns in preparation for future dance composition. Interval skills exams and written exams serve to evaluate student achievement. (Formerly KINE 004H)

Kinesiology

DANC 004J Beginning Ballroom Dance 1.0 Unit

*Course Advisory: SCC minimum English and Math standards.
General Education: Option A: Health & PE; Option C: Area E
Transferable to UC/CSU
Hours: 48-54 lab.*

Introduction to the basic skills and techniques of ballroom dance. This course will also provide a short history, demonstration, and instruction of popular ballroom dances. Following good practice of exercise in dance execution, the students benefit from the activity and the cultural experiences. Dances selected from the following: Cha-Cha, Rumba, Nightclub Two-Step, East & West Coast Swing, Lindy-Hop, Salsa, Tango, Waltz, Samba, Rumba and Merengue. Attention on proper techniques in both lead and follow dance positions, including proper form, footwork, alignment, and correct posture. Music is varied to broaden the experience with different tempo and styles. No prior experience in dance required; partner not required. (Formerly KINE 004J)

DANC 004K Beginning Ballet 1.0 Unit

*Course Advisory: SCC minimum English and Math standards.
General Education: Option A: Health & PE; Option C: Area E
Transferable to UC/CSU
Hours: 48-54 lab.*

An introduction to beginning classical ballet dance forms, positions, body alignment, patterns, and barre work. The lesson is conducted with the associated French terminology for all movements and steps. The history of ballet is presented and significant choreographers and ballets are discussed. Students will study proper dance posture, the muscular system as it relates to ballet movement and proper nutritional guidelines for the dancer. Basic first aid and injury prevention and treatment for self-care injuries will also be included in lectures. Performance exams and written exams are given to evaluate student achievement. Students will be required to submit a term project on the history of Ballet. (Formerly KINE 004K)

DANC 004M Intermediate Ballet 1.0 Unit

*Prerequisite: DANC 004K with a minimum grade of C.
General Education: Option A: Health & PE; Option C: Area E
Transferable to UC/CSU
Hours: 48-54 lab.*

Exposes students to intermediate ballet skills and will expand technical development for artistic growth. Emphasis is on style and the aspects of interpretation of movement needed for development of the classical dancer. Skills exams and written exams are given to evaluate student achievement leading to studio recital or performance. (Formerly KINE 004M)

DANC 004N Beginning Swing Dance 1.0 Unit

*Course Advisory: SCC minimum English and Math standards.
General Education: Option A: Health & PE; Option C: Area E
Transferable to UC/CSU
Hours: 48-54 lab.*

An introductory experience of the popular American social dances known as "Swing" and an exploration of the cultural scene that created them. The course surveys historical dance varieties and East Coast/West Coast regional differences as well as the latest trends and styles. Instruction, history, and open dancing will be included in class. Attention is paid to proper technique in both lead and follow dance positions, footwork alignment and posture. (Formerly KINE 004N)

DANC 004P Intermediate Jazz Dance 1.0 Unit

*Prerequisite: DANC 004H with a minimum grade of C.
General Education: Option A: Health & PE; Option C: Area E
Transferable to UC/CSU
Hours: 48-54 lab.*

Intermediate-level jazz techniques, styles, and terminology. Students will gain increased knowledge of dance posture and of the muscular functions of the major muscles that affect basic dance movements. Intermediate musical analysis will include 8 count phrasing. The course focuses on sequential development of intermediate jazz dance patterns in preparation for dance composition. Interval skills exams and written exams serve to evaluate student achievement. (Formerly KINE 004P)

DANC 004S Intermediate Swing Dance 1.0 Unit

*Prerequisite: DANC 004N with a minimum grade of C.
General Education: Option A: Health & PE; Option C: Area E
Transferable to UC/CSU
Hours: 48-54 lab.*

Gain a higher level of understanding of terminology, music, and history of swing dance and improve their technique around steps, lifts, patterns, and rhythms. A partner is not required. (Formerly KINE 004S)

Kinesiology

DANC 004T Intermediate Ballroom Dance

1.0 Unit

Prerequisite: DANC 004J with a minimum grade of C.

General Education: Option A: Health & PE; Option C: Area E

Transferable to UC/CSU

Hours: 48-54 lab.

Intermediate techniques and styles of ballroom dance. Students will gain improved rhythm, skills, and an increased knowledge of patterns and variations of popular ballroom dances: American Style Waltz, Tango, Cha-Cha, Nightclub Two-Step, Rumba, East Coast Swing, West Coast Swing, Salsa, and Merengue. Increased attention on proper techniques in both lead and follow dance positions including proper form, footwork, alignment, and correct posture. Music is varied to broaden the experience with different tempo and styles. (Formerly KINE 004T)

Health Education

HED 002 Health Education

3.0 Units

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Local District Requirements; Option C: Area E

Transferable to UC/CSU

Hours: 48-54 lecture.

A survey course with a multifaceted view of health with physical, mental, and social dimensions. The course extends beyond the structure and function of one's body to include feelings, values, and reasoning. Examinations and a project are required. Satisfies one-half of the Health, Physical Education graduation requirement.

HED 003 Women's Health Issues

3.0 Units

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Local District Requirements; Option C: Area E

Transferable to UC/CSU

Hours: 48-54 lecture.

A study of health issues that are unique to women with a focus on women's health maintenance and care, and the development of skills and acquisitions of knowledge necessary to make informed choices in health matters of concern to women. Open to all students. Satisfies one-half of the Health, Physical Education graduation requirement.

Kinesiology

KINE 002A Beginning Swimming

1.0 Unit

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Physical Education; Option C: Area E

Transferable to UC/CSU

Hours: 48-54 lab.

Fundamental techniques of swimming, terminology, water adjustment, fluid mechanics, and water safety. Swimming strokes include freestyle and backstroke. Skills and written exams are used to evaluate student achievement.

KINE 002B Intermediate Swimming

1.0 Unit

Course Advisory: A minimum grade of C in KINE 002A; SCC minimum English and Math standards.

General Education: Option A: Physical Education; Option C: Area E

Transferable to UC/CSU

Hours: 48-54 lab.

Intermediate techniques of swimming, terminology, and fluid mechanics. Swimming strokes include freestyle, backstroke, breaststroke, and butterfly. Racing starts, flip turns, and touch turns are taught on a beginning level. Interval training concepts are introduced. Skills and written exams are used to evaluate student achievement.

KINE 002D Swim for Fitness

1.0 Unit

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Physical Education; Option C: Area E

Transferable to UC/CSU

Hours: 48-54 lab.

Provides life-long fitness through cardiovascular endurance training and skill development in basic aquatics skills. The major components which make up a swimming workout and the concepts of interval training and sprint and distance training are included. Skills exams and written exams serve to evaluate student achievement.

KINE 003A Beginning Self Defense

1.0 Unit

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Physical Education; Option C: Area E

Transferable to UC/CSU

Hours: 48-54 lab.

Equips the student with basic skills and knowledge for protection against physical assault. Includes basic fighting techniques, falls and recoveries, and disengagements with counter-attacks. Also included are developing a self-defense consciousness and knowledge about self-defense and the law.

Kinesiology

KINE 003D Beginning Judo

1.0 Unit

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Physical Education; Option C: Area E Transferable to UC/CSU

Hours: 48-54 lab.

A basic judo course including techniques such as falls, holds, chokes, grips, grip breaks, balance breaks, and application of reverse locks. Strategies for the judo contest are included such as defenses, counters, break-up throws, take-downs, and general mat work. A historical overview of the martial arts is offered with an emphasis on the evolution of modern-day judo. Written and skills exams are used to measure student achievement. Required field trip.

KINE 003E Intermediate Judo

1.0 Unit

Course Advisory: A minimum grade of C in KINE 003D; SCC minimum English and Math standards.

General Education: Option A: Physical Education; Option C: Area E Transferable to UC/CSU

Hours: 48-54 lab.

Advanced throwing and grappling techniques. Combinations, transitions, and strategies will also be covered. Competition at the local level tournaments will be an option for interested students.

KINE 005C Fitness for Life

2.0 Units

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Physical Education; Option C: Area E Transferable to UC/CSU

Hours: 16-18 lecture, 48-54 lab.

An individualized approach to fitness with a focus on the individual's personal responsibility for his/her fitness and health throughout life. The study of the physiological changes one undergoes as a result of physical conditioning forms the basis for the development of a lifetime fitness plan. Fitness exams and written exams serve to evaluate student achievement.

KINE 005D Circuit Training

1.0 Unit

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Physical Education; Option C: Area E Transferable to UC/CSU

Hours: 48-54 lab.

A fast-paced circuit where students participate in a balanced strength training program that includes upper body, lower body, and core exercises using free weights, machine weights, resistance bands, and their own body weight.

KINE 005E Cardio Conditioning

1.0 Unit

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Physical Education; Option C: Area E Transferable to UC/CSU

Hours: 48-54 lab.

Designed for students who desire a cardiovascular workout. Students will use cardio equipment including treadmills, stationary bikes, elliptical machines, and stair masters. Students may also perform cardio activity outside. Students will learn the important factor of pace, steadily improve their endurance, and learn how to design their own cardiovascular workout to achieve their own personal fitness goals.

KINE 005J Beginning Body Conditioning

1.0 Unit

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Physical Education; Option C: Area E Transferable to UC/CSU

Hours: 48-54 lab.

An activity course that will include all aspects of a complete fitness program: muscle strength and endurance training, cardio-respiratory endurance training, flexibility training, and body composition analysis. Students will learn to design their own exercise programs to achieve their personal fitness goals.

KINE 005K Intermediate Body Conditioning

1.0 Unit

Course Advisory: A minimum grade of C in KINE 005J; SCC minimum English and Math standards.

General Education: Option A: Physical Education; Option C: Area E Transferable to UC/CSU

Hours: 48-54 lab.

An activity course that will include all aspects of a complete fitness program: muscle strength and endurance training, cardio-respiratory endurance training, flexibility training, and body composition analysis. Students will build on their knowledge and fitness levels achieved in the beginning class.

KINE 005M Beginning Weight Training

1.0 Unit

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Physical Education; Option C: Area E Transferable to UC/CSU

Hours: 48-54 lab.

A comprehensive weight training course for men and women with a focus on strength development and muscle hypertrophy. Resistive exercises via free weights and fixed weights are used for the development of every major muscle group. Students will learn to design their own strength training programs to achieve their personal fitness goals.

Kinesiology

KINE 005N Intermediate Weight Training 1.0 Unit

Course Advisory: A minimum grade of C in KINE 005M; SCC minimum English and Math standards.

General Education: Option A: Physical Education; Option C: Area E Transferable to UC/CSU

Hours: 48-54 lab.

A comprehensive weight training course for men and women that will build on strength development and muscle hypertrophy developed in the beginning course. Resistive exercises via free weights and fixed weights are used for the development of every major muscle group. Special emphasis will be directed at helping individuals define and concentrate on personalized fitness goals.

KINE 005P Step Aerobics 1.0 Unit

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Physical Education

Transferable to UC/CSU

Hours: 48-54 lab.

An aerobic exercise program utilizing four inch, six inch, and eight inch step platforms. Class format includes warm-up, pre-aerobics, peak aerobics, aerobic cool down as determined by musical beats per minute (BPM). Body toning, strength building and flexibility components of the workout will be included to provide the student with a well-rounded fitness program.

KINE 005Q Elite Fitness Training 1.0 Unit

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Physical Education; Option C: Area E Transferable to UC/CSU

Hours: 48-54 lab.

A lifelong functional fitness training course designed for students who want to challenge their current level of fitness and performance. This course will increase a student's performance and knowledge through research and current training methods.

KINE 005R Core Conditioning Training 1.0 Unit

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Physical Education; Option C: Area E Transferable to UC/CSU

Hours: 48-54 lab.

A focus on functional and core conditioning for students in physically demanding sports, fitness activities and professions. This course will help improve performance by utilizing the components of endurance, power, agility, strength, speed, stamina, flexibility, coordination, and balance.

KINE 005S Advanced Elite Fitness 1.0 Unit

Course Advisory: A minimum grade of C in KINE 005Q; SCC minimum English and Math standards.

Transferable to UC/CSU

Hours: 48-54 lab.

An advanced lifelong functional fitness training and educational course designed specifically for students who want to reach their highest level of fitness and peak performance. This course will increase a students' performance and knowledge by incorporating current research and advanced training methods to increase strength, stamina, and reduce injury risks.

KINE 006A Cardio Kickboxing 1.0 Unit

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Physical Education; Option C: Area E Transferable to UC/CSU

Hours: 48-54 lab.

An aerobic exercise program utilizing non-contact kickboxing techniques. Class format includes warm-up, pre-aerobics, peak aerobics and aerobic cool down as determined by musical beats per minutes (BPM). Hand weights, step boxes, and other equipment may be used for additional lower and upper body strength and conditioning. A flexibility cool-down will conclude the exercise session.

KINE 006C Pilates for Fitness 1.0 Unit

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Physical Education; Option C: Area E Transferable to UC/CSU

Hours: 48-54 lab.

Utilizes Pilates techniques that can increase strength, flexibility and endurance. Pilates exercises can improve posture, alignment coordination, and balance. This course is targeted to improve core strength and overall fitness.

KINE 006D Intermediate Cardio Kickboxing 1.0 Unit

Course Advisory: A minimum grade of C in KINE 006A.

Transferable to UC/CSU

Hours: 48-54 lab.

An aerobic exercise program utilizing non-contact kickboxing techniques. Emphasis will be placed on learning a variety of punches and kicks. Hand weights, step boxes, and other equipment may be used for additional lower and upper body strength and conditioning.

Kinesiology

KINE 006E Fundamentals of Yoga

1.0 Unit

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Physical Education; Option C: Area E Transferable to UC/CSU

Hours: 48-54 lab.

Development of basic yoga postures, breathing practices, stretching and relaxation techniques as methods to improve flexibility, decrease stress and improve physical and mental well-being.

KINE 006F Intermediate Yoga

1.0 Unit

Course Advisory: A minimum grade of C in KINE 006E; SCC minimum English and Math standards.

General Education: Option A: Physical Education; Option C: Area E Transferable to UC/CSU

Hours: 48-54 lab.

Expand upon the techniques and philosophies of beginning yoga. Students will be exposed to intermediate postures, various specific yoga systems and additional philosophies of yoga from the masters.

KINE 007D Beginning Golf

1.0 Unit

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Health & PE

Transferable to UC/CSU

Hours: 48-54 lab.

Beginning instruction and practice in fundamental golf strokes such as putting, chipping, pitching, and driving with irons and woods. Golf rules, strategies, etiquette, and selection and care of equipment are also covered. A field trip to a municipal golf course and golfing range may be required. Golf clubs are available for student use. Students may be responsible for reasonable greens fees.

KINE 007E Intermediate Golf

1.0 Unit

Course Advisory: KINE 007D; SCC minimum English and Math standards.

General Education: Option A: Health & PE

Transferable to UC/CSU

Hours: 48-54 lab.

Intermediate-level instruction and practice in golf strokes such as putting, chipping, pitching, and driving with irons and woods. Golf rules, strategies, etiquette, and selection and care of equipment are also covered. A field trip to a municipal golf course and golfing range may be required. Golf clubs are available for student use. Students may be responsible for reasonable greens fees.

KINE 007F Beginning Archery

1.0 Unit

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Physical Education; Option C: Area E Transferable to UC/CSU

Hours: 48-54 lab.

Fundamental techniques of archery, terminology, accessories, and history of the sport. Practice and class competitions are provided to enhance skill development. Written and skills exams serve to evaluate student achievement.

KINE 007G Intermediate Archery

1.0 Unit

Course Advisory: KINE 007F with a minimum grade of C.

General Education: Option A: Physical Education; Option C: Area E Transferable to UC/CSU

Hours: 48-54 lab.

Improve archery skills and introduce field archery and dynamic (moving) target shooting. Students will learn to perform at international and Olympic distances.

KINE 008A Beginning Tennis

1.0 Unit

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Physical Education; Option C: Area E Transferable to UC/CSU

Hours: 48-54 lab.

The fundamental techniques of tennis: forehand, backhand, basic serve, and volley. Terminology, rules, and history are included. Practice, skill drills, and class competition in both singles and doubles are provided to enhance skill development and game strategy. Skills exams and written exams serve to evaluate student achievement.

KINE 008B Intermediate Tennis

1.0 Unit

Course Advisory: A minimum grade of C in KINE 008A; SCC minimum English and Math standards.

General Education: Option A: Physical Education; Option C: Area E Transferable to UC/CSU

Hours: 48-54 lab.

Intermediate techniques of tennis: overhead shot, drop shot, volley, serves, and offensive and defensive lobs. Strategy for competitive play is emphasized. Skills exams and written exams serve to evaluate student achievement.

KINE 008D Advanced Tennis

1.0 Unit

Course Advisory: KINE 008B with a minimum grade of C; 1 year experience high school team tennis and/or club tennis tournament experience; SCC minimum English and Math standards.

General Education: Option A: Physical Education; Option C: Area E Transferable to CSU

Hours: 48-54 lab.

Advanced instruction in the techniques, tactics and strategies associated with competitive tennis. Special emphasis placed on drills and competitive play situations.

Kinesiology

KINE 008E Beginning Badminton 1.0 Unit

Course Advisory: SCC minimum English and Math standards.
General Education: Option A: Physical Education; Option C: Area E
Transferable to UC/CSU
Hours: 48-54 lab.

Basic skills of Badminton: forehand, backhand, service, the clears and the smash. Also covered are singles and doubles strategy. History, terminology, rules and scoring, and care and selection of equipment are included. Skills exams and written exams serve to evaluate student achievement.

KINE 008F Intermediate Badminton 1.0 Unit

Course Advisory: A minimum grade of C in KINE 008E; SCC minimum English and Math standards.
General Education: Option A: Physical Education; Option C: Area E
Transferable to UC/CSU
Hours: 48-54 lab.

Intermediate badminton skills: clears-cross court, down the line and reverse cross-court; drops - at the net, from the backcourt and from the mid-court; service - forehand and backhand. Also covered are offensive and defensive techniques of the smash. Training drills, agility, endurance and court coverage for competitive play will be taught. Skill exams and written exams serve to evaluate student achievement.

KINE 009A Beginning Basketball 1.0 Unit

Course Advisory: SCC minimum English and Math standards.
General Education: Option A: Physical Education; Option C: Area E
Transferable to UC/CSU
Hours: 48-54 lab.

An activity course for the student who desires to play basketball. Basic drills to improve footwork, shooting, passing, ball handling, and rebounding are performed. Basic offensive and defensive concepts are covered to prepare the student for 3 on 3, 4 on 4, and 5 on 5 competition in class. Basketball rules and terminology are included.

KINE 009B Indoor/Outdoor Soccer 1.0 Unit

Course Advisory: SCC minimum English and Math standards.
General Education: Option A: Physical Education; Option C: Area E
Transferable to UC/CSU
Hours: 48-54 lab.

Fundamental techniques of soccer: terminology, rules, and history. Practice, skills drills, and class competitions are provided to enhance skill development and game strategy. A written final exam and skills exams serve to evaluate student achievement.

KINE 009C Intermediate Soccer 1.0 Unit

Prerequisite: KINE 009B with a minimum grade of C.
Course Advisory: SCC minimum English and Math standards.
General Education: Option A: Physical Education; Option C: Area E
Transferable to UC/CSU
Hours: 48-54 lab.

Intermediate soccer skills acquired through team competition. Emphasis is placed upon offensive and defensive tactics and strategies. Develop knowledge and understanding of the current collegiate soccer rules and fitness.

KINE 009E Intermediate Basketball 1.0 Unit

Course Advisory: A minimum grade of C in KINE 009A; SCC minimum English and Math standards.
General Education: Option A: Physical Education; Option C: Area E
Transferable to UC/CSU
Hours: 48-54 lab.

An activity course covering advanced basketball drills to improve footwork, shooting, passing, ball handling, and rebounding are performed. More advanced offensive and defensive concepts are covered to prepare the student for 3 on 3, 4 on 4, and 5 on 5 competition in class. Basketball rules and terminology are included.

KINE 009F Beginning Baseball 1.0 Unit

Course Advisory: SCC minimum English and Math standards.
General Education: Option A: Physical Education; Option C: Area E
Transferable to UC/CSU
Hours: 48-54 lab.

Fundamental skills of baseball: throwing, catching, fielding, catching fly balls, hitting, bunting, base running, sliding, and playing defensive positions. Offensive and defensive drills practiced in preparation for controlled competition in class. History, rules, and terminology are included. Skills exams and written exams serve to evaluate student achievement.

KINE 009G Softball 1.0 Unit

Course Advisory: SCC minimum English and Math standards.
General Education: Option A: Physical Education; Option C: Area E
Transferable to UC/CSU
Hours: 48-54 lab.

Fundamental techniques of softball, including terminology, rules and history. Practice, skill drills, and class competitions are provided to enhance skill development and game strategy. Skills exams and a written final exam serve to evaluate student achievement. Students must provide their own glove.

Kinesiology

KINE 009H Beginning Volleyball

1.0 Unit

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Physical Education; Option C: Area E Transferable to UC/CSU

Hours: 48-54 lab.

A comprehensive course that covers the basic volleyball skills: serve, pass, set attack, and block. Skill development is emphasized. This course presents information on team play, rules, history, and basic game strategy. Physical conditioning is an integral part of the course. Skills exams and written exams serve to evaluate student achievement.

KINE 009P Intermediate Volleyball

1.0 Unit

Course Advisory: KINE 009H with a minimum grade of C; SCC minimum English and Math standards.

General Education: Option A: Physical Education; Option C: Area E Transferable to UC/CSU

Hours: 48-54 lab.

Fundamental volleyball skills at an intermediate level: serve, pass, set, attack, and block. The course focuses on offensive and defensive tactics and strategies in preparation for high-level competitive play. A comprehensive physical conditioning program is included to prepare the player for the rigors of volleyball activity.

KINE 020A Introduction to Kinesiology

3.0 Units

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Physical Education; Option C: Area E Transferable to UC/CSU

Hours: 48-54 lecture.

Introduction to the interdisciplinary approach to the study of human movement. An overview of the importance of the sub-disciplines in kinesiology will be discussed along with career opportunities in the areas of teaching, coaching, allied health, and fitness professions. (C-ID KIN 100)

KINE 020D Baseball Theory and Practice I

2.0 Units

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Physical Education; Option C: Area E Transferable to UC/CSU

Hours: 16-18 lecture, 32-36 activity.

A comprehensive baseball course designed for the athlete and coach. Includes the theories and applications of offensive and defensive strategies, the game plan as it relates to the statistical performance of a particular team, and the use of scouting in assessing the skills and weaknesses of the opposing coach and team. Skills exams and written exams serve to evaluate athlete achievement.

KINE 020E Baseball Theory and Practice II

2.0 Units

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Physical Education; Option C: Area E Transferable to UC/CSU

Hours: 16-18 lecture, 32-36 activity.

A continuation of Kinesiology 020D. A comprehensive baseball course designed for the athlete and coach. Includes advanced theories and applications of offensive and defensive strategies, the evaluation of the game plan as it relates to the statistical information and skill performance of a team, and the use of assembling advance scouting reports to assess the skills and weaknesses of the opposing coach and team. Skills exams and written exams serve to evaluate the student.

KINE 020J Softball Theory and Practice II

2.0 Units

Course Advisory: SCC minimum English and Math standards.

General Education: Option A: Physical Education; Option C: Area E Transferable to UC/CSU

Hours: 16-18 lecture, 32-36 activity.

A continuation of Kinesiology 020P. An advanced softball course designed for the athlete and coach. Includes advanced theories and applications of offensive and defensive strategies, evaluation of the game plan as it relates to statistical information and skill performance of a team. It also covers assembling advanced scouting reports to assess the opposition. Skill exams and written exams serve to evaluate the student.

KINE 020M Volleyball Theory And Practice I

2.0 Units

Course Advisory: SCC minimum English standard.

General Education: Option A: Physical Education; Option C: Area E Transferable to UC/CSU

Hours: 16-18 lecture, 32-36 activity.

Theories of the offensive and defensive strategies of competitive volleyball. Athletes will study, analyze, and practice offensive and defensive skills and strategies in preparation for seasonal, intercollegiate competition. Skills exams and written exams serve to evaluate athlete achievement.

KINE 020N Volleyball Theory and Practice II

2.0 Units

Course Advisory: SCC minimum English standard.

General Education: Option A: Physical Education; Option C: Area E Transferable to UC/CSU

Hours: 16-18 lecture, 32-36 activity.

A continuation of KINE 020M. Advanced theories of offensive and defensive strategies of competitive volleyball. Students will analyze advanced offensive and defensive strategies and will develop in-depth scouting procedures. Skills exams and written exams serve to evaluate student achievement.

Kinesiology

KINE 020P Softball Theory And Practice I 2.0 Units

*Course Advisory: SCC minimum English and Math standards.
General Education: Option A: Physical Education; Option C: Area E
Transferable to UC/CSU
Hours: 16-18 lecture, 32-36 activity.*

Comprehensive course designed for the intercollegiate softball athlete and for the coach of fastpitch softball. The course focuses on the theories, analyses, and applications of offensive and defensive skills and strategies. Written exams and practical exams serve to evaluate athlete achievement.

KINE 020Q Soccer Theory And Practice I 1.5 to 2.0 Unit

*Course Advisory: SCC minimum English and Math standards.
General Education: Option A: Physical Education; Option C: Area E
Transferable to UC/CSU
Hours: 16-18 lecture, 16-18 or 32-36 activity.*

A comprehensive course designed for the intercollegiate soccer athlete and for the coach of soccer. The course focuses on the theories, analyses, and application of offensive and defensive skills and strategies. Written exams and practical exams serve to evaluate the student achievement.

KINE 020R Soccer Theory And Practice II 1.5 to 2.0 Units

*Course Advisory: KINE 020Q or equivalent soccer experience;
SCC minimum English and Math standards.
General Education: Option A: Physical Education; Option C: Area E
Transferable to UC/CSU
Hours: 16-18 lecture, 16-18 or 32-36 activity.*

Continuation of Kinesiology 020Q. Advanced theories of offensive and defensive strategies of competitive soccer. Students will analyze advanced offensive and defensive strategies and will develop in-depth scouting procedures. Skill exams and written exams serve to evaluate student achievement.

KINE 020S 3.0 Units

Advanced First Aid and Emergency Care

*Course Advisory: SCC minimum English and Math standards.
General Education: Option A: Physical Education
Transferable to UC/CSU
Hours: 48-54 lecture.*

Designed to prepare individuals who may administer emergency care to the injured and ill. Upon successful completion of the course, students will be knowledgeable in Advanced First Aid and Emergency Care, cardiopulmonary resuscitation (CPR), and Automatic External Defibrillator (AED) for infants, children, and adults. Upon successful completion of the appropriate exam, the student will be eligible for certification in First Responder First Aid and CPR. Required of Kinesiology majors/minors and Transfer Model Curriculum. An additional fee may be required to receive an official American Red Cross CPR card. An American Heart Association certification is required for students pursuing EMT certification. (C-ID KIN 101)

KINE 020V Introduction to Sports Science 3.0 Units

*Course Advisory: SCC minimum English and Math standards.
General Education: Option A: Physical Education; Option C: Area E
Transferable to UC/CSU
Hours: 48-54 lecture.*

The basic elements of sport sciences including: kinesiology, motor learning, biomechanics, exercise physiology, sports medicine, sport psychology and training theory.

KINE 020W 3.0 Units

Principles of Fitness & Sports Training

*Course Advisory: SCC minimum English and Math standards.
General Education: Option A: Physical Education; Option C: Area E
Transferable to UC/CSU
Hours: 48-54 lecture.*

A comprehensive fitness course that includes the study of the human organism and its reactions to fitness and physical activity. Focus is on the physiological adaptations, exercise training/prescriptions, nutrition, ergogenic aids, environmental factors, and the major medical and health conditions. Written exams and measurements of activity serve to evaluate student achievement.

Kinesiology

KINE 020X Basketball Theory And Analyses I 2.5 Units

Course Advisory: SCC minimum English and Math standards.

*General Education: Option A: Physical Education; Option C: Area E
Transferable to UC/CSU*

Hours: 32-36 lecture, 16-18 activity.

A comprehensive basketball theory course designed for coach and athlete. Includes the theories and analyses of offensive and defensive strategies, the development of the offensive and defensive game plan as it relates to statistical data, and spontaneous adjustments in offense and defense. Written exams serve to evaluate student achievement.

KINE 020Y Basketball Theory And Analyses II 2.5 Units

Course Advisory: SCC minimum English and Math standards.

*General Education: Option A: Physical Education; Option C: Area E
Transferable to UC/CSU*

Hours: 32-36 lecture, 16-18 activity.

A continuation of KINE 020X. A comprehensive basketball theory course designed for coach and athlete. Includes the advanced theories and analyses of offensive and defensive strategies and the development of the game plan using statistical data and the scouting report. Written exams and skill exams serve to evaluate student achievement.

KINE 057 Introduction to Sports Psychology 3.0 Units

Course Advisory: SCC minimum English and Math standards.

*General Education: Option A: Physical Education
Transferable to CSU*

Hours: 48-54 lecture.

Introduction to psychological theories, concepts, strategies and skills designed to help individuals overcome the barriers to optimal athletic performance, exercise performance and general health performance. Mental skills such as imagery, goal setting, cognitive restructuring, attentional focusing, arousal regulation, and coping will be presented. With this course students establish a goal(s) and work toward it while aiming to cultivate the ideal mental state that fosters optimal performance.

KINE 078 Fit Ball Training 1.0 Unit

Course Advisory: SCC minimum English and Math standards.

*General Education: Option A: Physical Education; Option C: Area E
Transferable to UC/CSU*

Hours: 48-54 lecture.

Utilize fitness ball techniques to increase strength, flexibility, endurance and lean body composition. Fitness ball exercises can help to improve and develop functionality and agility through strengthening weak muscles as well as core muscles. Students will learn to safely and effectively execute flexibility exercises and balancing exercises as well as strengthening exercises for all the major muscle groups with and without hand weights. Skill exams and written exams serve to evaluate student achievement.

Sports Medicine

SPMD 054

3.0 Units

Care and Prevention of Athletic Injuries

Course Advisory: SCC minimum English and Math standards.

Transferable to UC/CSU

Hours: 48-54 lecture.

An introduction to the field of Athletic Training/ Sports Medicine as a profession and as an academic discipline. Designed to train students in the recognition, rehabilitation, and prevention of athletic injuries. Emphasis is on learning and applying a variety of taping techniques and athletic training therapies. Recommended introductory course for the Sports Medicine program.

SPMD 055A

3.0 Units

Sports Medicine-Athletic Training Practicum Fall Sports

Transferable to CSU

Hours: 24-27 lecture, 72-81 lab.

Supervised volunteer athletic experience which provides students with the opportunity for immediate recognition and treatment of lower extremity sports injuries. Emphasis is on taping techniques and rehabilitation which enables athletes to return to competition. Fall sport experience includes soccer, volleyball, rugby, and men's and women's basketball, those sports that pose most lower extremity injuries.

SPMD 055B

3.0 Units

Sports Medicine-Athletic Training Practicum Spring Sports

Course Advisory: SCC minimum English and Math standards.

Transferable to CSU

Hours: 24-27 lecture, 72-81 lab.

Supervised volunteer athletic experience which provides students with the opportunity for immediate recognition and treatment of upper extremity sports injuries. Emphasis is on taping techniques and rehabilitation which enables athletes to return to competition. Spring sport experience include softball, baseball, men's and women's swimming and diving. Injuries specific to these sports includes most upper extremity injuries.

SPMD 071 Back Care and Injury Management 1.0 Unit

Course Advisory: SCC minimum English and Math standards.

Transferable to CSU

Hours: 48-54 lecture.

A course designed for students with interest in back care or managing a back injury. Individualized and group exercises will focus on functional motor control, balance, coordination, flexibility, developmental movement, individually developed exercises and strength and endurance for students with back injuries. There will be an emphasis on encouraging independence in personal health and teaching lifelong fitness knowledge and skills.