

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

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

2 SECOND SEMESTER

Total Recommended Units: 16

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

3 THIRD SEMESTER

Total Recommended Units: 15

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

4 FOURTH SEMESTER

Total Recommended Units: 17

- BIO 005 with Lab** 5 units
Human Physiology
- IGETC 4/Am Inst Grp 1** 3 units
Suggested: PLSC 001 or PLSC 005
- IGETC 1C** 3 units
Suggested: COMM 001 or 002 or 006
- IGETC 3 A or B** 3 units
- 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.

2020-2021 catalog
year Pathways
coming soon.

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 the role of physical activity in daily life.
5. Explain the career options available to students graduating from departments of Kinesiology

REQUIRED COURSES	Units
BIO 004 Human Anatomy	5
BIO 005 Introductory Physiology	5
KINE 020A Introduction to Kinesiology.....	3
Two courses from List A.....	6-10
3 units from Movement-based courses (maximum of one course from any group)	3
Required Major Total Units	22-26

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*

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.....	5
CHEM 012 Chemistry for Health Services	5
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

Kinesiology

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

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 009B Indoor/Outdoor Soccer	1
KINE 009C Intermediate Soccer.....	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

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

Athletics

ATHL 001 **3.0 Units**

Women's Intercollegiate Volleyball (Fall)

*General Education: Opt. A: Local District Requirement, *A; Option C: Area E 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.

ATHL 001A **2.5 Units**

Off-Season Intercollegiate Volleyball Conditioning

Prerequisite: Athletic Tryout & Team Selection

Course Advisory: High School and competitive experience

*General Education: Opt. A: Local District Requirement, *A; Option C: Area E 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.

ATHL 001B **1.0 Unit**

Pre-season Intercollegiate Volleyball

*General Education: Opt. A: Local District Requirement, *A; Option C: Area E 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.

ATHL 002A **1.0 Unit**

Women's Intercollegiate Basketball (Fall)

*General Education: Opt. A: Local District Requirement, *A; Option C: Area E 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 002B **2.0 Units**

Women's Intercollegiate Basketball (Spring)

*General Education: Opt. A: Local District Requirement, *A; Option C: Area E 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 002C **1.0 Unit**

Off-Season Intercollegiate Basketball Conditioning

Prerequisite: Athletic Tryout & Team Selection

*General Education: Opt. A: Local District Requirement, *A; Option C: Area E 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.

ATHL 002D **0.5 Unit**

Intercollegiate Basketball Conditioning

Prerequisite: Athletic Tryout & Team Selection

*General Education: Opt. A: Local District Requirement, *A; Option C: Area E 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.

ATHL 002E **1.5 Units**

Pre-Season Intercollegiate Basketball Conditioning

Prerequisite: Athletic Tryout & Team Selection

*General Education: Opt. A: Local District Requirement, *A; Option C: Area E 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.

Kinesiology

ATHL 003 Intercollegiate Softball (Women) 3.0 Units

*General Education: Opt. A: Local District Requirement, *A; Option C: Area E 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: Opt. A: Local District Requirement, *A; Option C: Area E 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: Opt. A: Local District Requirement, *A; Option C: Area E 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 3.0 Units **Women's Intercollegiate Soccer (Fall)**

*General Education: Opt. A: Local District Requirement, *A*
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 and/or club level.

*General Education: Opt. A: Local District Requirement, *A; Option C: Area E 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: Opt. A: Local District Requirement, *A; Option C: Area E 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

*General Education: Opt. A: Local District Requirement, *A; Option C: Area E 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.

ATHL 010A Off-Season Swimming & Diving 2.0 Units

*General Education: Opt. A: Local District Requirement, *A; Option C: Area E 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. Repeatable 3 times.

Kinesiology

ATHL 010B Pre-Season Swimming & Diving 0.5 Units

*General Education: Opt. A: Local District Requirement, *A*
Transferable to UC/CSU
Hours: 24-27 lab

A comprehensive course focused on the continued development and enhancement of physical performance and maintenance of the level required for competitive swimming and diving. 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 the season of competition. Repeatable 3 times.

ATHL 015 Men's Intercollegiate Baseball 3.0 Units

*General Education: Opt. A: Local District Requirement, *A; Option C: Area E*
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
*General Education: Opt. A: Local District Requirement, *A; Option C: Area E*
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
*General Education: Opt. A: Local District Requirement, *A; Option C: Area E*
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)

*General Education: Opt. A: Local District Requirement, *A; Option C: Area E*
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)

*General Education: Opt. A: Local District Requirement, *A; Option C: Area E*
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: Opt. A: Local District Requirement, *A; Option C: Area E*
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.

ATHL 022A 3.0 Units

Off-Season Intercollegiate Tennis Conditioning

Prerequisite: Athletic Tryout & Team Selection
Course Advisory: Advanced tennis skills and/or competitive experience at the high school or tennis club level
*General Education: Opt. A: Local District Requirement, *A; Option C: Area E*
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.

Kinesiology

ATHL 022B

0.5 Unit

Pre-Season Intercollegiate Tennis Conditioning

Prerequisite: Athletic Tryout & Team Selection

*General Education: Opt. A: Local District Requirement, *A; Option C: Area E 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: Opt. A: Local District Requirement, *A; Option C: Area E*

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 050A Beginning Peak Performance

1.0 Unit

General Education: Opt. A: Local District Requirement

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.

ATHL 050B Intermediate Peak Performance

1.0 Unit

Prerequisite: ATHL 050A with a minimum grade of C

General Education: Opt. A: Local District Requirement

Hours: 48-54 lab

The continued exploration of the cognitive, social, and physiological factors influencing peak performance in students who have taken Beginning Peak Performance. Students will expand and apply more advanced levels of performance techniques for optimizing sport performance through the development of mental skills and strategies for stress control, imagery, goal setting, and concentration. Students will progress to more advanced levels by applying the mental skills in competitive games and customizing individual mental skills programs that apply to individual sport specific competition.

Health Education

HED 002 Health Education

3.0 Units

General Education: Opt. A: Local District Requirement; Opt. 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

General Education: Opt. A: Local District Requirement; Opt. 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

*General Education: Opt. A: Local District Requirement, *A; Opt. 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

*General Education: Opt. A: Local District Requirement, *A; Opt. 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.

Kinesiology

KINE 002D Swim for Fitness 1.0 Unit

*General Education: Opt. A: Local District Requirement, *A; Opt. 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

*General Education: Opt. A: Local District Requirement, *A; Opt. 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.

KINE 003D Beginning Judo 1.0 Unit

*General Education: Opt. A: Local District Requirement, *A; Opt. 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. Field trip may be required.

KINE 003E Intermediate Judo 1.0 Unit

Course Advisory: A minimum grade of C in KINE 003D

*General Education: Opt. A: Local District Requirement, *A; Opt. 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

*General Education: Opt. A: Local District Requirement, *A; Opt. 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

*General Education: Opt. A: Local District Requirement, *A; Opt. 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

*General Education: Opt. A: Local District Requirement, *A; Opt. 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

*General Education: Opt. A: Local District Requirement, *A; Opt. 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

*General Education: Opt. A: Local District Requirement, *A; Opt. 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

*General Education: Opt. A: Local District Requirement, *A; Opt. 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
*General Education: Opt. A: Local District Requirement, *A; Opt. 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

*General Education: Opt. A: Local District Requirement, *A*
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

*General Education: Opt. A: Local District Requirement, *A; Opt. 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 Functional & Core Training 1.0 Unit

*General Education: Opt. A: Local District Requirement, *A; Opt. 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
*General Education: Opt. A: Local District Requirement, *A*
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

*General Education: Opt. A: Local District Requirement, *A; Opt. 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

*General Education: Opt. A: Local District Requirement, *A; Opt. 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
*General Education: Opt. A: Local District Requirement, *A*
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.

KINE 006E Fundamentals of Yoga 1.0 Unit

*General Education: Opt. A: Local District Requirement, *A; Opt. 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.

Kinesiology

KINE 006F Intermediate Yoga **1.0 Unit**

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

*General Education: Opt. A: Local District Requirement, *A; Opt. 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**

*General Education: Opt. A: Local District Requirement, *A; Opt. C: Area E 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

*General Education: Opt. A: Local District Requirement, *A; Opt. C: Area E 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**

*General Education: Opt. A: Local District Requirement, *A; Opt. 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: Opt. A: Local District Requirement, *A; Opt. 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**

*General Education: Opt. A: Local District Requirement, *A; Opt. 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

*General Education: Opt. A: Local District Requirement, *A; Opt. 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

*General Education: Opt. A: Local District Requirement, *A; Opt. 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.

KINE 008E Beginning Badminton **1.0 Unit**

*General Education: Opt. A: Local District Requirement, *A; Opt. 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

*General Education: Opt. A: Local District Requirement, *A; Opt. 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.

Kinesiology

KINE 009A Beginning Basketball

1.0 Unit

*General Education: Opt. A: Local District Requirement, *A; Opt. 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

*General Education: Opt. A: Local District Requirement, *A; Opt. 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

*General Education: Opt. A: Local District Requirement, *A; Opt. 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

*General Education: Opt. A: Local District Requirement, *A; Opt. 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

*General Education: Opt. A: Local District Requirement, *A; Opt. 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

*General Education: Opt. A: Local District Requirement, *A; Opt. 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.

KINE 009H Beginning Volleyball

1.0 Unit

*General Education: Opt. A: Local District Requirement, *A; Opt. 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

*General Education: Opt. A: Local District Requirement, *A; Opt. 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

*General Education: Opt. A: Local District Requirement, *A*

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)

Kinesiology

KINE 020S

Advanced First Aid and Emergency Care

Transferable to UC/CSU

Hours: 48-54 lecture

Prepares 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)

3.0 Units

KINE 020V Introduction to Sports Science 3.0 Units

General Education: Opt. A: Local District Requirement; Opt. 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

Principles of Fitness & Sports Training

General Education: Opt. A: Local District Requirement; Opt. 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.

3.0 Units

KINE 057 Introduction to Sports Psychology 3.0 Units

General Education: Opt. A: Local District Requirement

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

*General Education: Opt. A: Local District Requirement, *A; Opt. 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

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

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.

Kinesiology

SPMD 056A

Sports Medicine-Athletic Training Practicum Fall Sports 2

Prerequisite: SPMD 055A with a minimum grade of C

Transferable to CSU

Hours: 24-27 lecture, 72-81 lab

Supervised volunteer athletic experience which provides students with the opportunity of immediate recognition of lower extremity injuries. Emphasis on advanced techniques in rehabilitation and recognition of moderate to severe injuries.

3.0 Units

SPMD 056B

Sports Medicine-Athletic Training Practicum Spring Sports 2

Prerequisite: SPMD 056A with a minimum grade of C

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.

3.0 Units

SPMD 071 Back Care and Injury Management 1.0 Unit

Transferable to CSU

Hours: 48-54 lecture

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