KINESIOLOGY, WELLNESS AND ATHLETICS (KIN)

KIN 005  Introduction to Kinesiology  3 Units
Students will be introduced to various subdisciplines related to Kinesiology, the study of human movement. Students will examine the areas of history, sociology, biomechanics, physiology, and psychology, as they relate to the sport and exercise environment. In addition, students will explore three career pathways involving the study of human movement: teaching, research, and professional practice. (C-ID KIN 100)
Lecture Hours: 3  Lab Hours: None  Repeatable: No  Grading: L
Advisory Level: Read: 3  Write: 3  Math: None
Transfer Status: CSU/UC  Degree Applicable: AA/AS
CSU GE: E  IGETC: None  District GE: E

KIN 010  Sports in Society  3 Units
Students will examine cultural, historical, and political influences and problems associated with sports. Topics include ethics, gender participation, race and ethnicity, and the influence and impact of media on sports.
Lecture Hours: 3  Lab Hours: None  Repeatable: No  Grading: L
Advisory Level: Read: 3  Write: 3  Math: None
Transfer Status: CSU/UC  Degree Applicable: AA/AS
CSU GE: D, E  IGETC: 4  District GE: D, E, ES

KIN 025  First Aid, CPR, & AED  3 Units
This course involves the theory and detailed demonstration of the first aid care of the injured. The student will learn to assess a victim’s condition and incorporate proper treatment. Standard first aid, CPR, and AED certification(s) will be granted upon successful completion of requirements.
Lecture Hours: 3  Lab Hours: None  Repeatable: No  Grading: L
Advisory Level: Read: 3  Write: 3  Math: None
Transfer Status: CSU/UC  Degree Applicable: AA/AS
CSU GE: None  IGETC: None  District GE: None

KIN 095  Life Skills for the Athlete  3 Units
Athletes acquire life skills to manage academics, athletics, and work. Topics will include time management, academics, study skills, personal hygiene, health, nutrition, relationships, and conduct. Athletes will attend a variety of college workshops.
Lecture Hours: 3  Lab Hours: None  Repeatable: No  Grading: L
Advisory Level: Read: 3  Write: 3  Math: None
Transfer Status: CSU  Degree Applicable: AA/AS
CSU GE: E  IGETC: None  District GE: E