

# KINESIOLOGY, WELLNESS AND ATHLETICS (KIN)

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## **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 Student Athlete 3 Units**

Student-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-campus resources-reading/writing centers, career transfer center, student health services, library, learning management system, college transfer day.

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