

Degree Applicable, Credit Grading Option: OP

KIN 19 CARE AND PREVENTION OF ATHLETIC INJURIES 3 UNITS

This course provides an introduction to the principles and scientific foundations of athletic training. Examination in the techniques used in the prevention of athletic injuries, including taping, bandaging, and strapping along with how to recognize and evaluate basic signs and symptoms associated with common injuries. Establishing a plan of care that includes rehabilitative exercise will also be studied. Legal and ethical issues, professionalism, organization and administration of a sports medicine facility. This course is focused on preparing those interested in becoming Athletic Trainers and Coaches. Prerequisite: KIN 17 with a minimum grade of C. 36 hours lecture, 54 hours laboratory. Transfer: CSU.

Degree Applicable, Credit Grading Option: GR

KIN 22A SCIENCE OF SOCCER I 3 UNITS

An introduction to sociological, physiological, psychological, and performance aspects of soccer. This course will provide an analysis of the physiological demands of the game, as well as, the use of applied psychological techniques to enhance confidence and reduce anxiety. Socio-cultural influences on the development of the game and match performance will also be analyzed. 54 hours lecture. AA GE: VB. Transfer: CSU, UC*; CSU GE: E. *KIN 17, 22A, and 27 combined: maximum UC credit, 8 units.

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KIN 24 SPORT PSYCHOLOGY 3 UNITS

A formal introduction to the study of sport psychology focusing upon both the psychological factors that influence participation in sport and exercise and the psychological effects derived from that participation. Emphasis on understanding the psychological processes involved in human performance, models of intervention that can enhance and improve learning and performance conditions, and the strategies which can elicit and influence favorable psychological perceptions and outcomes. 54 hours lecture. Transfer: CSU; CSU GE: E.

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KIN 26 COACHING YOUTH SOCCER 3 UNITS

This course is intended for those with an interest in coaching youth soccer. It will examine philosophies developed by US and European National Soccer Associations. The purpose is to explore best practices and age-appropriate activities, thereby enhancing the learning experience of the youth soccer participant. 54 hours lecture. Transfer: CSU; CSU GE: E.

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KIN 29A INDEPENDENT STUDY INTERCOLLEGIATE ATHLETICS 0.5-2 UNITS

For course information, see "Independent Studies". 27-108 hours laboratory.

KIN 29K INDEPENDENT STUDY, KINESIOLOGY 0.5-2 UNITS

For course information, see "Independent Studies". 27-108 hours

laboratory.

KIN 29P INDEPENDENT STUDY, PHYSICAL EDUCATION 0.5-2 UNITS

For course information, see "Independent Studies". 27-108 hours laboratory.

KIN 30 INTRODUCTION TO KINESIOLOGY 3 UNITS

This class is designed to introduce the student to Kinesiology - the science of human movement (and of humans moving). Concepts in the various subfields of Kinesiology are examined and career opportunities in the field of Kinesiology are explored. Due to the interdisciplinary nature of Kinesiology, the field will be covered from a humanities, social science, and life science perspective. 54 hours lecture. AA GE: VB. Transfer: CSU, UC; CSU GE: E; C-ID# KIN 100.

Degree Applicable, Credit Grading Option: OP

Kinesiology Intercollegiate Athletics Courses (KIN)

KIN 32A FALL INTERCOLLEGIATE MEN'S BASKETBALL 3 UNITS

Basketball training for intercollegiate competition. Daily practice for advanced skill development will occur. Fall semester. 162 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC*; CSU GE: E. Number of times course may be taken for credit: 4. *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

Degree Applicable, Credit Grading Option: GR

KIN 32B SPRING INTERCOLLEGIATE MEN'S BASKETBALL 3 UNITS

Basketball training for intercollegiate competition. Daily practice for advanced skill learning will occur. Spring semester. 162 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC*; CSU GE: E. Number of times course may be taken for credit: 4. *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

Degree Applicable, Credit Grading Option: GR

KIN 38A PRE-SEASON INTERCOLLEGIATE MEN'S SOCCER 1-2 UNITS

Students will work on fundamental skills of soccer, such as, kicking, passing, trapping, heading and physical conditioning which are needed for controlled outdoor higher levels of soccer play, discuss and employ basic offensive and defensive strategies and tactics; use and apply the rules governing outdoor soccer play. 54-108 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC*; CSU GE: E. Number of times course may be taken for credit: 4. *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

Degree Applicable, Credit Grading Option: GR

KIN 38B INTERCOLLEGIATE MEN'S SOCCER 3 UNITS

Training for soccer competition at the collegiate level. Practice will take place which will include training students to perform at the college competitive level for the Coast Conference Soccer League of Northern California. Prepares the individual for intercollegiate competition in the sport of soccer using such skills as passing, receiving and heading as well as offensive and defensive strategies. Students must meet California Community College eligibility requirements as established by the California Commission on Athletics. Strongly Recommended: KIN 38A with a minimum grade of C. 162 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC*; CSU GE: E. Number of times course may be taken for credit: 4. * *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

Degree Applicable, Credit Grading Option: GR

KIN 38C POST SEASON 1-2 UNITS
INTERCOLLEGIATE MEN'S
SOCCER

Students will learn and develop fundamental to advanced outdoor soccer skills of kicking, passing and conditioning necessary for playing field soccer at an intercollegiate level. Students will learn the rules governing outdoor soccer play. 54-108 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC*; CSU GE: E. Number of times course may be taken for credit: 4. * *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

Degree Applicable, Credit Grading Option: GR

KIN 40A PRE-SEASON 1 UNIT
INTERCOLLEGIATE WOMEN'S
VOLLEYBALL

Preseason preparation for intercollegiate competition in the sport of women's volleyball. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC*. Number of times course may be taken for credit: 4. * *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

Degree Applicable, Credit Grading Option: GR

KIN 40B IN SEASON 1-3 UNITS
INTERCOLLEGIATE WOMEN'S
VOLLEYBALL

Intercollegiate competition in the sport of women's volleyball. Strongly Recommended: KIN 40A with a minimum grade of C and/or Ability to demonstrate the following skills: bump, set, spike, serve. 54-162 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC*. Number of times course may be taken for credit: 4. * *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

Degree Applicable, Credit Grading Option: GR

KIN 40C OFF SEASON 1-2 UNITS
INTERCOLLEGIATE WOMEN'S
VOLLEYBALL

Designed to provide a physical, mental, nutritional and instructional conditioning program for the student preparing for and/or interested in being evaluated for the intercollegiate sport of women's volleyball. Strongly Recommended: KIN 40B with a minimum grade of C. 54-108 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC*. Number of times course may be taken for credit: 4. * *Any or all of*

these PE Activity courses combined: maximum UC credit, 4 units.

Degree Applicable, Credit Grading Option: GR

KIN 41A PRE-SEASON 1-2 UNITS
INTERCOLLEGIATE WOMEN'S
BASKETBALL

This course is designed to provide the student with an opportunity to develop the skills and physical conditioning, along with the understanding of basketball at the advanced level in preparation for intercollegiate competition. Skills such as dribbling, passing, shooting, defensive and offensive strategies will be presented and practiced. Team play and sportsmanship are important priorities that are emphasized in this class. Fall semester. 54-108 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC*; CSU GE: E. Number of times course may be taken for credit: 4. * *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

Degree Applicable, Credit Grading Option: GR

KIN 41B FALL INTERCOLLEGIATE 1.5 UNITS
BASKETBALL - WOMEN

Training for intercollegiate competition. Daily practice. Fall semester. 81 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC*; CSU GE: E. Number of times course may be taken for credit: 4. * *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

Degree Applicable, Credit Grading Option: GR

KIN 41C SPRING INTERCOLLEGIATE 1.5 UNITS
BASKETBALL - WOMEN

Training for intercollegiate competition. Daily practice. Spring Semester. 81 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC*; CSU GE: E. Number of times course may be taken for credit: 4. * *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

Degree Applicable, Credit Grading Option: GR

KIN 41D OFF SEASON 1-2 UNITS
INTERCOLLEGIATE WOMEN'S
BASKETBALL

Students will practice the skills of dribbling, passing, shooting and defense necessary for competitive basketball play; put into practice the governing rules of basketball; learn about the appropriate terminology used in basketball and the safety procedures related to the game. 54-108 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC*; CSU GE: E. Number of times course may be taken for credit: 4. * *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

Degree Applicable, Credit Grading Option: GR

KIN 48A PRE-SEASON 1-2 UNITS
INTERCOLLEGIATE WOMEN'S
SOCCER

Students will be taught to execute technical skills of soccer in game situations. For example, the techniques of long/short passing, receiving, crossing, shooting, individual and zonal defending. They will compare and contrast various offensive and defensive strategies and systems of play, and identify strengths and weaknesses of various formations. 54-108 hours laboratory. AA/AS GE: VA. Transfer: CSU,

