
Kinesiology (KINES)

KINES 001 Introduction to Kinesiology (3)

Class Hours: 54 Lecture

Advisory(s): HE 035, BIO 032

Transfers to: Transfers to both UC/CSU

C-ID: KIN 100

Introduction to the professional foundations of kinesiology: physical education, exercise, and sports medicine. Includes history, philosophy, concepts, programs, qualification, careers, issues, and future of the discipline. (AA,CSU,UC)

KINES 002 Intro to Sport & Exercise Psychology (3)

Class Hours: 54 Lecture

Advisory(s): ENG 0051A

Transfers to: Transfers to CSU only

KINES 002 is the study and application of psychological principles and foundations to sport and exercise across the lifespan activity contexts. This course is designed to promote an understanding of the concepts and applied principles of sports and exercise psychology. Findings and principles from the sport and exercise psychology literature will be applied to sport and physical activity participants, ranging from youth sport and community exercise programs to elite and world class performers. (AA/AS, CSU)

KINES 048 Community First Aid and Safety (3)

Class Hours: 54 Lecture

P/NP

Transfers to: Transfers to CSU only

Kines 048 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.(AA/AS, CSU)
