

KINESIOLOGY & ATHLETICS

(KIN & ATHL)

Kinesiology is an introduction to the interdisciplinary approach to the study of human movement. It provides wellness while introducing sub disciplines, i.e., motor learning control, motor development, biomechanics, exercise physiology, social psychological foundations and sports nutrition.

Why study Kinesiology? It provides each person the opportunity to acquire a strong knowledge base in Kinesiology and its applications that is comparable in rigor to that offered by four year institutions.

What can you do with Kinesiology? Various four-year universities offer degrees in the field of Kinesiology. Many employment opportunities are available through Kinesiology i.e., Allied Health, sports, fitness, teaching and coaching.

At College of Alameda the Kinesiology instructors utilize interval training methods that are characterized by alternating periods of vigorous exercise (work interval) with periods of relief (low density exercise) or rest intervals. The student can increase training methods through flexible workout hours in the fitness center.



ATHL 2**Basketball Foundations**

2 units, 10 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Fundamentals of Intercollegiate Competition: Theory and practice of basketball fundamentals. 0835.00

ATHL 6**Intercollegiate Men's Basketball**

1.5-3 units, 10 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Fundamentals of intercollegiate competition: Application of theory, team organization, technique, strategy, and leadership in competition with other colleges. 0835.50
CSU area E

ATHL 071**Intercollegiate Women's Volleyball**

3 units, 10 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Course study under this section may be repeated three times.

Fundamentals of intercollegiate competition: Theory, team organization, techniques, strategy, and team leadership. 0835.50

CSU area E

KIN 33**Aerobics**

.5-1 units, 2 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity class: Development of personal fitness with a focus on cardiovascular and respiratory fitness through various group exercise activities. 0835.00

CSU area E

KIN 34**Step Aerobics**

.5 units, 2 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity class: Development of personal fitness using a step platform and step combinations that focus on developing the cardiovascular system. 0835.00

CSU area E

KIN 36**Aerobic Circuits**

.5 units, 2 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity class: This course will focus on the development of personal fitness with an emphasis on the cardiovascular, muscular and respiratory systems through a variety of exercise activities. 0835.00

CSU area E

KIN 51A**Yoga I - Fundamentals**

.5 units, 2 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity class: Introduction to yoga stretches and postures, conscious breathing patterns and relaxation techniques. Demonstration of modifications for injuries. 0835.00

KIN 51B**Yoga II - Beginning**

.5 units, 2 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity class: Development of beginning yoga stretches, postures, and relaxation techniques. Increased use of conscious breathing patterns. 0835.00

KIN 54A**Cross Fitness I - Fundamentals**

1 unit, 3 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity class: Basic introduction to an individualized program for achieving muscle tone and endurance. 0835.00

KIN 54B**Cross Fitness II - Beginning**

1 unit, 3 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity class: Moderate introduction to an individualized program for achieving muscle tone and endurance. 0835.00

KIN 54C**Cross Fitness III - Intermediate**

1 unit, 3 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity class: This course employs resistive exercises which will improve lifetime fitness and overall body fitness with an emphasis on weights. 0835.00

KIN 54D**Cross Fitness IV - Experienced**

1 unit, 3 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity class: This course employs an advanced principle of resistive exercises which will improve lifetime fitness and overall body fitness with an emphasis on weights. 0835.00

KIN 58A**Fitness Center Strength Training I - Fundamentals**

.5 units, 2 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity class: Instruction of fundamentals of techniques for a strength training in the use of resistance equipment to improve strength, endurance and size of skeletal muscles. 0835.00

KIN 58B**Fitness Center Strength Training II - Beginning**

.5 units, 2 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity class: Instruction for beginners of techniques for a strength training in the use of resistance equipment to improve strength, endurance and size of skeletal muscles. 0835.00

KIN 58C**Fitness Center Strength Training III - Intermediate**

.5 units, 2 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity class: Instruction for intermediate levels of techniques for a strength training in the use of resistance equipment to improve strength, endurance and size of skeletal muscles. 0835.00

KIN 58D**Fitness Center Strength Training IV - Experienced**

.5 units, 2 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Instruction of techniques for an experienced training in the use of resistance equipment to improve strength, endurance and size of skeletal muscles. 0835.00

KIN 60A**Circuit Training for Strength I - Fundamentals**

1 unit, 3 hours laboratory (GR or P/NP)

Acceptable for credit: CSU

Activity Class: Conditioning through the use of exercises and apparatus with emphasis on overall improvement of muscle tone, endurance and cardiovascular system. 0835.00

KIN 60B**Circuit Training for Strength II - Beginning**

1 unit, 3 hours laboratory (GR or P/NP)

Acceptable for credit: CSU

Activity Class: Conditioning through the use of exercises and apparatus with emphasis on overall improvement of muscle tone, endurance and cardiovascular system. 0835.00

KIN 60C**Circuit Training for Strength III – Intermediate**

1-2 units, 3-6 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity class: Conditioning through the use of exercises and apparatus with emphasis on overall improvement of muscle tone, endurance and cardio-vascular system. 0835.00

KIN 60D**Circuit Training for Strength IV - Experienced**

1-2 units, 3-6 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity class: Conditioning through the use of exercises and apparatus with emphasis on overall improvement of muscle tone, endurance and cardio-vascular system. 0835.00

KIN 67A**Sports Training I - Fundamentals**

.5 units, 2 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity class: Fundamental level of sport specific fitness training to increase sport performance. 0835.00

KIN 74A**Badminton I - Fundamentals**

.5-1 units, 2 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity class: Basic fundamentals and skills in badminton. 0835.00

CSU area E

KIN 74B**Badminton II - Beginning**

1 unit, 4 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity class: Beginning principles and fundamentals in badminton. 0835.00

CSU area E

KIN 74C**Badminton III - Intermediate**

.5 units, 2 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity class: Intermediate fundamentals and skills in badminton. 0835.00

CSU area E

KIN 74D**Badminton IV - Competitive**

.5 units, 2 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity class: Competitive strategies and skills in badminton. 0835.00

CSU area E

KIN 80A**Basketball I - Fundamentals**

.5 units, 2 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity class: Basic fundamentals and skills in basketball. 0835.00

CSU area E

KIN 80B**Basketball II - Beginning**

.5 unit, 2 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity Class: Beginning level of basketball rules and skills. Includes introductory concepts of offense and defense. 0835.00

CSU area E

KIN 80C**Basketball III - Intermediate**

.5 units, 2 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity Class: Intermediate introduction of basketball fundamentals. Includes introductory concepts of offense and defense. 0835.00

CSU area E

KIN 80D**Basketball IV - Competitive**

.5 units, 2 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity Class: Advance introduction of basketball fundamentals through practice drills. 0835.00

CSU area E

KIN 84A**Bowling I - Fundamentals**

.5 units, 2 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity class: Basic fundamentals and skills in bowling. 0835.00

CSU area E

KIN 84B**Bowling II - Beginning**

.5 units, 2 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity course: Beginning principles and fundamentals of bowling. 0835.00

KIN 84C**Bowling III - Intermediate**

.5 units, 2 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity class: Intermediate fundamentals and skills in bowling. 0835.00

KIN 84D**Bowling IV - Competitive**

.5 units, 2 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity class: Advanced fundamentals and skills in bowling. 0835.00

KIN 103A**Soccer I - Fundamentals**

.5 units, 2 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity class: Covers the 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. 0835.00

CSU area E

KIN 103B**Soccer II - Beginning**

.5 units, 2 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity class: Covers beginning soccer skills. 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. 0835.00

CSU area E

KIN 107A**Tennis I - Fundamentals**

.5-1 units, 2 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity Class: Fundamentals and Skills in Tennis. 0835.00

CSU area E

KIN 107B**Tennis II - Beginning**

1 unit, 4 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity Class: Fundamentals and Beginning Skills in Tennis. 0835.00

CSU area E

KIN 120A**Volleyball I - Fundamentals**

.5 units, 2 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Activity class: Fundamentals of volleyball rules and skills. 0835.00

CSU area E

KIN 120B**Volleyball II - Beginning**

.5 units, 2 hours laboratory (GR or P/NP)

Acceptable for credit: CSU, UC

Meets AA-T Kinesiology degree requirements

Activity class: Beginning level of volleyball rules and skills, introductory concepts of offense and defense. 0835.00

CSU area E

KIN 134**Care and Prevention of Athletic Injuries**

3 units, 3 hours lecture (GR or P/NP)

Acceptable for credit: CSU, UC

This course provides instruction in the fundamental theories and practices in the prevention, care and treatment of athletic injuries. 0835.00

KIN 150**Introduction to Kinesiology**

3 units, 3 hours lecture, 1 hour laboratory

Acceptable for credit: CSU, UC

Interdisciplinary introduction to the study of human movement; importance of the sub-disciplines in kinesiology; career opportunities in areas of teaching, coaching, allied health, and fitness professions. 0835.00

