

KINESIOLOGY

(KIN)

Also see listing for **Athletics**.

Kinesiology is an introduction to the interdisciplinary approach to the study of human movement related to physical activity and sport. Our kinesiology courses teach students an appreciation of the role exercise, activity and sports play in the development of well-rounded individuals interested in physical well-being and the productive use of leisure time. *The College of Alameda Department of Kinesiology is in the STEAM division (Science, Technology, Engineering, Art, and Mathematics).*

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

What can you do with Kinesiology? Four year universities/colleges, throughout the country, offer undergraduate and graduate degrees in the field of kinesiology. Related majors such as health, physical therapy, athletic training, sports training, recreation, and coaching may require "Introduction to Kinesiology".

The College of Alameda offers a program encompassing both physical education activities and academic courses. Our activity courses include both sports and physical fitness. The fitness center provides a fully-equipped and supportive environment for strength and aerobic training. Our state of the art gymnasium is the location for both our sports, aerobics, cross-fit, and circuit training activities. The Kinesiology academic offerings include "Introduction to Kinesiology" and "Care and Prevention," both are requirements for our Certificate of Achievement "Athletic Trainer Aide."



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 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**

.5 unit, 2 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 120C**Volleyball III – Intermediate**

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

Acceptable for credit: CSU, UC

Activity Class: Intermediate level of volleyball skills and rules. 0835.00

KIN 120D**Volleyball IV – Competitive**

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

Acceptable for credit: CSU, UC

Activity class: Advanced level of volleyball skills and rules; advanced concepts of offense and defense. 0835.00

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

Eligible for credit by examination

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

KINESIOLOGY: ATHLETIC TRAINER AIDE CERTIFICATE OF ACHIEVEMENT

Certificate of Achievement (CA) Students satisfactorily completing the required courses in the following certificate options will be eligible for the Certificate of Achievement.

Career Opportunities

Many employment opportunities are available through Kinesiology i.e., Allied Health, sports, fitness, teaching and coaching.

Program Learning Outcomes

Upon completion of this program a student will be able to:

- Prepare for entry-level opportunities in athletic training through the development of specific educational competencies and clinical proficiencies.
- Prepare to become proficient and capable health care professionals in future employment in athletic training or other allied health settings, as well as receive an certificate of completion.
- Develop their skills in a college athletic program, a high school athletic program or a clinical setting with a variety of physically-active individuals.
- Embrace the college's Mission to serve the educational needs of its diverse community by providing comprehensive and flexible programs and resources that empower students to achieve their goals.

Certificate of Achievement Requirements:

Dept/No.	Title	Units
KIN 150	Introduction to Kinesiology	3
KIN 134	Care and Prevention of Athletic Injuries	3
BIOL 2	Human Anatomy	5
BIOL 4	Human Physiology	5
HLTED 9	First Aid and Safety	2

Choose for the KIN activity courses listed for a total of 3 units

KIN 54A	Cross Fitness I–Fundamentals (1)	
KIN 54B	Cross Fitness II–Beginning (1)	
KIN 54C	Cross Fitness III–Intermediate (1)	
KIN 54D	Cross Fitness IV–Experienced (1)	
KIN 58A	Fitness Center Strength Training I – Fundamentals (0.5)	
KIN 58B	Fitness Center Strength Training II – Beginning (0.5)	
KIN 58C	Fitness Center Strength Training III – Intermediate (0.5)	
KIN 58D	Fitness Center Strength Training IV – Experienced (0.5)	
KIN 36	Aerobic Circuits (0.5)	
KIN 67A	Sports Training I–Fundamentals (0.5)	
COPED 451	Occupational Work Experience (1-2)	<u>3</u>
Total Required Units:		21