
Kinesiology (KINES)

KINES 001 Introduction to Kinesiology (3)

Class Hours: 54 Lecture

Advisory(s): HE 035

Transfers to: UC/CSU

C-ID: KIN 100

KINES 001 is an introduction to the interdisciplinary approach to the study of human movement. An overview of the importance of the sub-disciplines in kinesiology will be discussed along with career opportunities in the areas of teaching, coaching, allied health, and fitness professions.

KINES 002 Intro to Sport & Exercise Psychology (3)

Class Hours: 54 Lecture

Transfers to: UC/CSU

KINES 002 introduces the study and application of psychological principles and foundations to sport and exercise across the lifespan and across activity contexts. This course is designed to promote an understanding of the concepts and applied principles of sport 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.

KINES 046 Care & Prevention of Athletic Injuries (3)

Class Hours: 36 Lecture | 54 Laboratory

Transfers to: UC/CSU

KINES 046 is designed for prospective coaches, athletic trainers, and health and physical education instructors. Aids in the recognition, evaluation, and care of athletic injuries. Techniques in taping, prevention, and rehabilitation of injuries.

KINES 048 First Aid and Safety (3)

Class Hours: 54 Lecture

Transfers to: UC/CSU

C-ID: KIN 101

KINES 048 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.
