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## Kinesiology (KINES)

### **KINES 001 Introduction to Kinesiology (3)**

*Class Hours: 54 Lecture*

*Advisory(s): HE 035*

*Transfers to: UC/CSU*

*C-ID: KIN 100*

Introduction to Kinesiology

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 Psyc (3)**

*Class Hours: 54 Lecture*

*Transfers to: UC/CSU*

Introduction to Sport and Exercise Psychology

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 045 Coaching Team Sports (3)**

*Class Hours: 54 Lecture*

*Transfers to: UC/CSU*

Coaching Team Sports

KINES 045 is designed for students interested in coaching team and individual sports. The course will emphasize the components of a coaching philosophy, team culture concepts and the organizational skills needed to implement and conduct a sport program.

### **KINES 046 Care & Prev of Athletic Injur (3)**

*Class Hours: 36 Lecture | 54 Laboratory*

*Transfers to: UC/CSU*

Care and Prevention of Athletic Injuries

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*

First Aid and Safety

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. Students will be awarded American Red Cross First Aid, CPR & AED certifications upon successful completion of the practical skills demonstration and written exam.

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